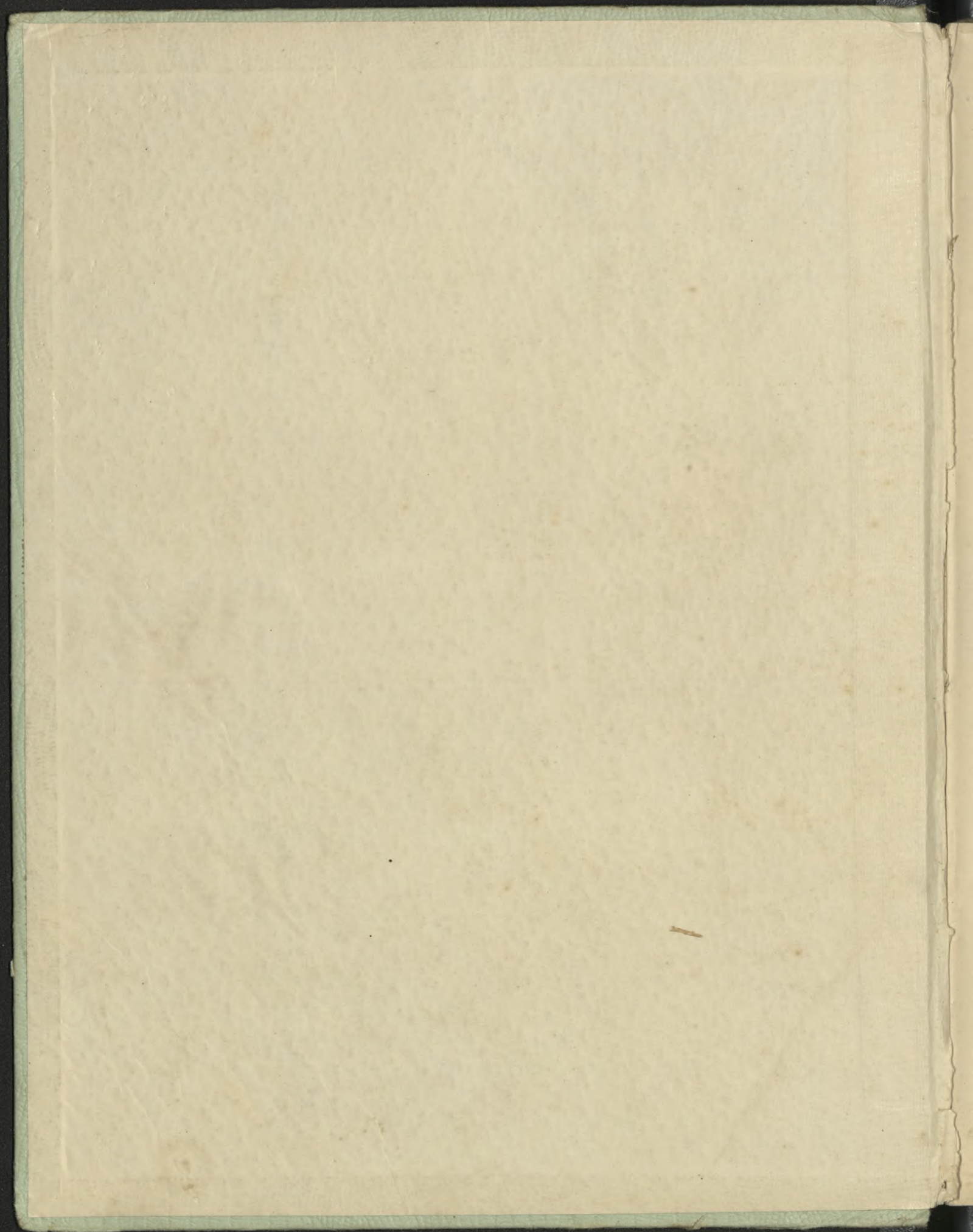


DIARY
1955





NOTU WORDS

BEAI } BIAI }	bat
IMAIYA	devis root
#GE	word, language.
JE	stool, scute
JIWAE } JIWAI }	many, plenty
DIPAPAE } JIPAPAE }	doesn't wish
DIPAPA } JIPAPA }	wishes
KAVAKAVA	insane
TEPOTAPO	higgledy. piggledy

F.H. = foetal heart
 PPH. = post partum
 haemorrhage
 A/N = ante. natal
 I.L. = in labour
 S.I. = Special Intention

DIARY

1952

DIARY
1955

DIARY
1955



What bonny babies! "Nestlé's babies," of course—off to a good start in life and full of faith for the future. How fortunate they are that in the years to come they will always be able to put this trust in the absolute purity and quality of the many Nestlé's products they'll come to use and enjoy. Nestlé's indeed is synonymous with all that is best in the manufacture of high-grade milk, food, chocolate and nutritive products.

PREFACE TO THE THIRTY-FIRST EDITION.

Nestlé's Food Specialities (Australia) Limited take pleasure in presenting to the Medical Profession the thirty-first edition of their diary and hope it will continue to be both useful and interesting.

We have included a further series of abstracts from articles in recent publications, covering the various aspects of nutrition.

Average figures of analyses of breast milk made during 1954 have shown a further downward trend in fat, accompanied by a slight increase in lactose, while proteins are significantly higher than in previous years. However, it must be remembered that the samples received are probably abnormal, since they were forwarded for analysis only because of the infants' unsatisfactory progress.

The support given to NESTOGEN, the special half-cream infant food introduced in 1952, and intended for the use of infants which show some degree of fat intolerance or difficulty in digesting foods of normal composition, indicates that the product fills a definite need.

MALTOGEN, MALTED MILK and MILO are now dried by a new, improved process and attention is drawn to the alteration in spoon weights of these products.

NESCAFÉ has also been improved still further, now being made without added carbohydrates—it is one hundred per cent. pure coffee solids. Like RICORY (formerly known as Nescory), the corresponding soluble coffee-with-chicory product, its immediate solubility and ease of preparation have a strong appeal to all users.

Further varieties of NESTLÉ'S RAPID SOUPS, packed in sachets, in a dry form, have become available during the year. They are quickly prepared, appetising and thus especially useful in invalid diet.

We are pleased to acknowledge all extracts from scientific publications which we have used in compiling the present edition, and also to thank those members of the Medical Profession who have made available to us helpful information.

It is our earnest endeavour to follow the latest developments in Infant Nutrition, and suggestions are, therefore, always welcome.

NESTLÉ'S RESEARCH LABORATORY

SYDNEY, 1st DECEMBER, 1954.

With compliments
Nestlé's Food Specialities (Australia) Limited
Head Office and Research Laboratory, 17 Foveaux Street, Sydney.

REPLY TO THE FIRST EDITION.

The first edition of this book was published in 1881, and it has since then been the subject of many criticisms and attacks. Some of these have been very serious, and have led to the belief that the book was a mere collection of facts, without any originality or value. But I am now able to show that this is not the case. I have now added many new facts, and have also shown that the book is not only a collection of facts, but also a work of original research. I have also shown that the book is of great value to the student of the history of the United States, and that it is a work of great interest and importance. I have also shown that the book is a work of great originality, and that it is a work of great value to the student of the history of the United States. I have also shown that the book is a work of great interest and importance, and that it is a work of great originality, and that it is a work of great value to the student of the history of the United States.

THE SECOND EDITION.

The second edition of this book was published in 1882, and it has since then been the subject of many criticisms and attacks. Some of these have been very serious, and have led to the belief that the book was a mere collection of facts, without any originality or value. But I am now able to show that this is not the case. I have now added many new facts, and have also shown that the book is not only a collection of facts, but also a work of original research. I have also shown that the book is of great value to the student of the history of the United States, and that it is a work of great interest and importance. I have also shown that the book is a work of great originality, and that it is a work of great value to the student of the history of the United States. I have also shown that the book is a work of great interest and importance, and that it is a work of great originality, and that it is a work of great value to the student of the history of the United States.

Diary, 1955

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VITAMINS AND AMINO ACIDS

Biological Synthesis of Ascorbic Acid

F. A. Isherwood, Y. T. Chen, and L. W. Mapson—*Nature*, 1953, 171, 348

From the known fact that animals, dosed with certain hypnotic drugs, produce glucuronic acid as a detoxicant, and this is accompanied by a large increase in production of ascorbic acid, these workers deduced that the synthesis of vitamin C in plants and animals takes place along the line of D-glucose, D-glucurono- γ -lactone, L-gulono- γ -lactone, and L-ascorbic acid, the natural form of vitamin C. Similarly, with galactose as the starting-point, the steps are:—D-galactose, D-galacturonic methyl ester, L-galactono- γ -lactone and L-ascorbic acid. While L-galactono- γ -lactone is more efficient than L-gulono- γ -lactone in promoting synthesis of ascorbic acid in plants, both are equally effective in animals. Also, an enzyme is present in the mitochondria of plant cells, which can convert γ -lactone to ascorbic acid.

Compared Study of Vitamins D₂ and D₃ in Rachitic Children

H. Kaloud and E. Steudte—*Oesterr. Z. Kinderhkd*, 1953, 9, 66-75

In 25 proved cases of rickets in infants the writers used Wander's vitamin D₂ and Philips' vitamin D₃ (Holland) orally.

This interesting study on the comparative value of these two different D vitamins has shown very clearly when given at the same dose (600,000 units), that the therapeutic value of natural vitamin D₃ is superior to that of D₂.

The cure of craniotabes, the closing of the fontanels, the modifications in phosphatases, are much more rapid when vitamin D₃ is used.

The Use of Protein Hydrolysates in the Treatment of Acute Dyspepsia

N. Cordeiro Ferreira—*Rev. Portug. Ped.*, 1953, 16, No. 7

Forty cases of acute dyspepsia were treated by the author from January, 1953. These sick children were divided into two groups of almost identical age.

All the patients of both groups were given an identical diet supplemented with Nesmida (1% of the total liquid for 10 days) for the children of the first group.

The dietetic scheme of these acute dyspeptic cases included 8 hours starvation diet, then a bottle-feed of Arobon (5%) enriched with 1% Nesmida (for the group 1), further introduction of Eledon, and from the 5th day onward, in general, administration of Pelargon powder, which was dissolved in the Arobon-Nesmida solution.

A comparison of the results of both groups shows that the weight increase curve is much higher and climbs straight up in children which were given a supplement of Nesmida.

Vitamin A Deficiency and Congenital Hydrocephalus

Millen, J. W., et al.—*Lancet*, 1953, 2, 1234

In Cambridge, Millen and co-workers have reported that offspring of an inbred strain of rabbits, kept for 14 weeks on a vitamin A deficient diet before mating, were hydrocephalic, whereas controls receiving a vitamin supplement, were not.

The gross hydrocephalus was attributed to stenosis of the aqueduct (inborn and inherited in certain strains of mice), but no evidence was forthcoming of bone deformation at the base of the skull or foramen magnum.

Should this correlation of vitamin A deficiency with hydrocephalus be confirmed by subsequent work and also apply to the human being, more attention to the pregnant woman's vitamin A intake will certainly be necessary.

Vitamin A and Congenital Abnormalities

J.A.M.A.—1953, Nov., p. 1176

Working with rats Warkany and Nelson showed that lack of vitamin A in the maternal diet during gestation resulted in structural abnormality in the offspring, fewer young and increased foetal reabsorption.

The young showed an abnormal proportion of congenital, visual, cardiovascular and genito-urinary defects.

On the other hand Cöhlán has shown excessive intake of this vitamin also caused congenital defects in the young, and only 10% had successful pregnancies.

This work suggests there is an optimum vitamin A intake during pregnancy.

Amino Acids, Resorption Curves

Ed. Juillard, J. P. Laubscher—Ann. Paediatrici, 1953, 180, 320

Comparisons of aminoacidemia curves after protein and amino acid (Nestlé's Nesmida) overdoses, show in premature babies, infants and children of more than 12 months of age, that:

- (1) the aminoacidemia curves ascend more regularly after Nesmida overdoses;
- (2) The aminoacidemia curves after protein overdoses have a much less regular line; the rates often remain constant without increase in aminoacidemia.

Conclusion: Nesmida's amino acids are much better resorbed and utilized than total proteins.

Vitamin C Supplements for Infants

Food and Nutrition Notes and Reviews—1953, 10, 1 and 2, pp. 7-10

To prevent scurvy and maintain the vitamin C content of blood and tissues at a satisfactory level, a minimum daily allowance of 25 mg. of ascorbic acid is recommended for infants up to one year old.

For children from one to six years, 25 to 50 mg. is necessary. (Recommendations in the literature vary from 10 to 30 mg. and 15 to 50 mg. for these respective ages.)

Breast-fed infants should get sufficient ascorbic acid from mother's milk only provided her vitamin C intake is adequate.

Artificially fed infants should get a supplement from two weeks of age, commencing with one teaspoonful of orange juice diluted with an equal volume of warm water, gradually increasing the amount and at the same time reducing the water.

Tables are given which indicate that two ounces of orange, lemon or grape-fruit juice yield the requisite 25 mg. of ascorbic acid needed for infants, and four ounces of mashed potato (cooked in skin), six ounces of tomato juice or nine ounces of pineapple juice will supply the needs of the older child.

The Curd of Milk

B. Spier and I. J. Wolman—J. Pediat., 1952

Goat's milk is not naturally a soft curd milk, but can be modified. Heat, dilution with water, acidification and homogenization are all effective in reducing the formation of large, tough curds from cows' milk in the baby's stomach. Normal pasteurization has little effect, but the higher the temperature and the longer the time of application the greater is the effect.

Addition of carbohydrate was ineffective, while corn syrup had little effect in curd modification.

Irradiated Milk and Vitamin D Content

K. H. Wagner—Milchwissenschaft, 1952, 7, 396-404

Violent attack against milk irradiation. The writer is of the opinion that irradiation is not only useless and difficult to control, but dangerous on account of the toxic substances that may form in the milk under the influence of X-rays.

Biological Problems of Homogenized Milk

J. Dochain (Prof. A. Lambrechts)—Rev. Méd. Liège, 1953, 8, 146-151

In the U.S.A. 50 to 70% of the milk for consumption is homogenized; in Belgium: 10 to 15%. From the technical point of view, the appearance of homogenized milk is richer and its consistency more oily than that of untreated milk.

From the biological point of view and especially with regard to the feeding of babies, homogenization is "of no interest" in the gastric digestion of milk.

Trials have still to be made concerning intestinal digestion.

Effect of the Homogenization of Milk and of Monoglyceride Emulsion on the Digestibility of Fats by the Infant

C. A. Sager—Zschr. f. Kinderhkd., 1952, 71, 541-48
Jochim—Milchwissenschaft, 1952, 7, 375-77

The homogenization of milk, it would seem, does not improve the digestibility of the fats. Nevertheless, the writer, basing himself on the new theories of Frazer, recognises the importance of the colloidal texture of the food on the resorption of the fats.

Utilization of Iron

C. V. Moore and R. Dubach—Nat. Acad. Sci. St. Louis, 1952

Moore and Dubach found that the healthy adult absorbed less than 10 per cent. of the dietary iron, by using "tagged" (radio-active) iron in eggs, liver, muscle meat and green vegetables, thus establishing that iron is not readily absorbed from the normal gastro-intestinal tract.

However, many investigators have shown that poor absorption is usually amply compensated by a very efficient utilization of iron liberated from the hæmoglobin of destroyed red cells and also by its relatively low excretion.

To-day's concept seems to be that the normal human adult organism is a closed system in relation to iron and that, apart from loss of blood, very little iron is either absorbed or excreted. Prompt re-utilization of iron from the hæmoglobin of destroyed red blood cells rather than the calling up of reserves of stored iron supplies the body's immediate needs of that element.

GENERAL

DIGESTION OF FATS*

Some Recent Data Concerning the Mechanism of Fat Digestion in Coeliac Disease

Coeliac disease in the child is characterised especially by a highly defective digestion of fats, a large quantity being found in the stools.

This disease is almost unknown in Italy and France, but it has attracted the attention of many doctors and biochemists in Switzerland, England, Holland and America, as its study may give the key to the mechanism of the digestion and absorption of fats.

There are two quite contradictory explanations as to how fats are broken down and absorbed:—

1. Complete hydrolysis.

Verzàr⁽¹⁾ considered fats were first completely broken down into fatty acids and glycerol before being absorbed.

2. Partial hydrolysis.

Unfortunately the Verzàr hypothesis does not explain completely the phenomena observed during the process of digestion

In 1936 Frazer⁽²⁾ affirmed that complete hydrolysis of fats was not necessary for their assimilation, and it appears that the essential point is not the breaking down of the fats but rather their very fine emulsification which permits of absorption. The hydrolysis is presumed to stop generally after about 1/3 of the fats have been broken down, in fact, its only purpose appears to be to ensure better colloidal suspension of the food mixture due to the mono- and di-glycerides formed.

Frazer⁽³⁾ has been able to show that paraffins—which, by their nature it is impossible to hydrolyse—can be absorbed if their state of colloidal suspension is sufficiently fine.

This theory has been strongly confirmed by the work of Desnuelle⁽⁴⁾ and Favarger⁽⁵⁾, the latter showing by means of fats labelled with heavy hydrogen, that hydrolysis varies between 12 and 28 per cent. and never exceeds 30 per cent

How Can the Digestion of Fats be Improved in Coeliac Disease?

Glanzmann⁽⁶⁾ has shown that by empiric methods coeliac disease can be cured. Sheldon⁽⁷⁾ and Haas⁽⁸⁾ exclude flours from the child's diet, whereas Fanconi⁽⁹⁾ found potato starch (150-200 g. per day) well tolerated.

* Nestlé.

(1) F. Verzàr & E. J. McDougall—Absorption from the Intestine. Longmans Green & Co., London. 1936.

(2) A. C. Frazer—Analyst—1938. 63, 308.

(3) A. C. Frazer & coll.—J. Physiol.—1944. 103, 306.

(4) P. Desnuelle—Bull. Soc. Chim. Biol.—1951. 33, 909-23.

(5) P. Favarger—Exp. Ann. Biochim. Méd. Masson, Paris—1951. 49-78. Helv. Chim. Acta—1951. 304, 1641-1654.

(6) E. Glanzmann—Médecine des enfants. Rouge, Lausanne—1947. 274.

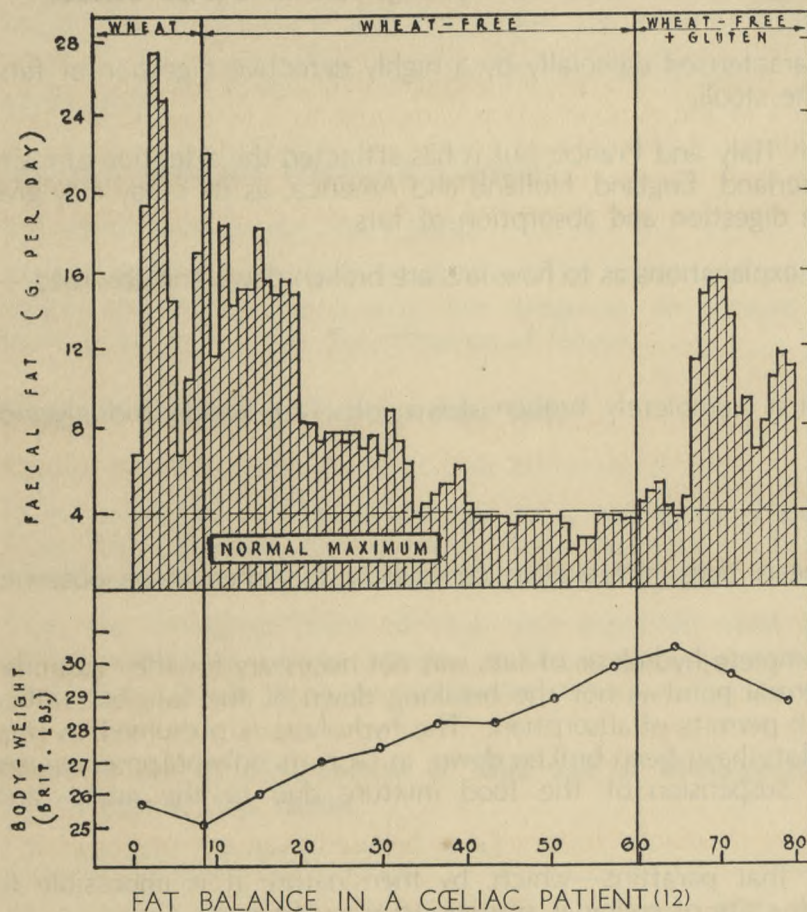
(7) W. Sheldon—Archiv. Dis. Childhood—1949. 24, 81 & 245.

(8) S. Haas—Management of Coeliac Disease. Lippincott, London. 1951.

(9) G. Fanconi—Nestlé Annals No. 10—1952

In America⁽¹⁰⁾ emulsifying agents to improve fat absorption gave good results, while in Holland⁽¹¹⁾ pediatricians found starch in contra-distinction to cereal flours gave very favourable results, even in the most serious coeliac cases.

Frazer⁽¹²⁾ et al. in Birmingham have advanced our knowledge by a comprehensive study of fat



Continuous fat-balance in a child on 50 g of fat daily, showing fall in faecal fat and rise in weight on wheat-free diet, followed by deterioration on gluten.

balance, determination of pancreatic creatine, measurement of systemic hyperlipæmia, and radiography of the small intestine.

They showed that wheat gluten is one of the principal agents responsible for poor assimilation of fats in the coeliac child.

It seems that treatment of the coeliac child is essentially a dietary problem. Complete fat hydrolysis is not necessary for assimilation—when about one-third has been hydrolysed, emulsification is sufficient to ensure absorption. Colloidal dispersion of fats seems at least as important as their hydrolysis.

Thus coeliac disease seems due to a disturbance of the emulsion mechanism and the improvement of the colloidal texture of the food by adding Tween 80 or starch, is often sufficient to effect a cure. It would appear that a close relationship exists between fats and proteins during the process of their digestion.

Effect of Fluid Intake and Lactation

Illingsworth, R. S., and Kilpatrick, B.—Lancet, 1953, Dec. 5

In a controlled investigation half the mothers in a maternity unit were instructed to drink at least 6 pints (120 ozs.) of fluid daily. They averaged 107.5-ozs.

The controls, allowed to drink what they wanted, averaged 69.1-ozs., and the gain in weight of the babies, and incidence of full breast feeding was observed.

There was no evidence that forcing fluids was beneficial but on the other hand there was evidence that more milk was produced by those mothers who drank only to satisfy their needs.

(10) H. Boyd & coll.—J. of Pediatrics—1951. 38, 493-97. C. M. Jones—Ann. Int. Med.—1948. 29, 1-10.

(11) W. K. Dicke, H. A. Weyers & coll.—Summary of communications to the Sixth International Congress of Pediatrics, Zurich—1950. 117-118.

(12) A. C. Frazer & coll.—Lancet—1952. 262, 836-42.

Treatment of Acute Infantile Diarrhoea with Carob Flour (Arobon)

P. U. Abella—J. of Pediatrics, 1952, 41, 182-187

Excellent study on the administration of Nestlé's **Arobon** in **300** cases of infantile diarrhoea. For control purposes **300** patients with the same type of diarrhoea were treated on a similar regime but **without Arobon**.

The Arobon group shows that formed stools appear after an average of 1.16 days as compared to 6.08 days in the group without Arobon. It took an average of only 5.97 days before the "going-home formula" was tolerated in the Arobon group compared to 9.18 days in the non-Arobon group. Patients treated without Arobon stayed an average of 3.33 days longer in the hospital and had 6 per cent. more readmissions. During their hospital stay the average weight gain of those treated with Arobon was 14 ounces compared to 9.87 ounces average weight gain of those treated without Arobon.

Parenteral Nutrition

J. H. Strichler and C. O. Rice—Minn. Med., St. Paul, 1953, 36: 201-88

These authors used a solution containing 12% invert sugar, 6% amino acids and 4% alcohol, furnishing 1000 calories per litre, at the rate of 1 litre every 8 hours, by continuous infusion into the basilic vein of the antecubital fossa.

Treatment of Vomiting Babies with Carob Seed Flour

H. Fasold—Münchener Med. Wschr., 1952, 94, 1465-1467

Enthusiastic report on Nestargel: "In our hospital, Nestargel has been used in 25 cases of habitually vomiting babies. In 22 cases, vomiting ceased immediately; the weight curves, irregular up to that moment, began rising regularly. In the three other cases, a slight dyspepsia had to be treated with Aplona or Arobon, after which the treatment with Nestargel was resumed with success."

The author also stresses the facility with which Nestargel can be used even out of hospital.

Bang's Abortion Bacillus in Milk for Consumption in Zurich (Switzerland)

E. Hess—Schweiz. Med. Wschr., 1953, 83, 49-50

Of more than 4,000 milks examined in the milk district of the city of Zurich, about 500, i.e. more than 10%, contained Bang's abortion bacillus.

Infant Diarrhoea Caused by Certain Kinds of "Escherichia Coli"

R. Clément and coll.—Presse Médicale, 1953, 61, 1-3

Numerous publications have praised the effects of various antibiotics and it is indisputable that each of them has successes to its credit, the most constant seeming to be obtained by chloromycetin, terramycin and aureomycin.

Such are the conclusions to which we are led by the study of resistance in vitro in 17 cases. **It is clear that antibiotics are not sufficient to cure severe diarrhoea and that the standard dietetic prescriptions are indispensable.** Effective rehydration and diet are adjuvant factors of the greatest importance. Cortisone seems to have played a useful role in certain cases; it has unfortunately not prevented death.

THE DIGESTION OF INFANTS FOOD PREPARED FROM COWS' MILK *

In the infant's stomach human milk coagulates in very fine clots, under the combined action of enzymes and the pH of the stomach content—the latter becoming more acid as digestion proceeds. The proteins, mainly albumin and casein, are normally present at about 1.5 per cent., of which approximately 0.5 per cent. is casein. Cows' milk, on the other hand, has a protein content of about 3.5 per cent. and of this 3.0 per cent. is casein.

Casein is coagulated by rennin and acid but not by boiling, while heat and acid but not rennin coagulate albumin. Thus the high percentage of casein in cows' milk means more rapid coagulation in the stomach than with human milk and it is necessary to reduce the protein by modification as well as to ensure the physical condition is changed by special treatment to prevent the formation of large indigestible clots.

Early attempts to modify cows' milk for infant feeding were directed toward obtaining the ratio between fat, lactose and protein present in human milk. This overlooked the preponderance of casein and that the amino acid structure of this protein differed from that of albumin.

As a result of experience modern pediatrics now teaches that a modified milk mixture of the same total solids content as human milk should have at least 2.1 per cent. of protein, not 1.5 per cent. as in human milk, in order to ensure a sufficiency of essential amino acids.

In manufacturing a milk food for infants which can be readily digested, it is necessary to see that the protein is physically altered in its reactions to enzymes and acids to ensure that, when acted on by rennin, the natural toughness of the curd of cows' milk protein is reduced. Pasteurization, essential to destroy pathogenic organisms which may be present, has relatively little effect on softening the rennin-formed curd and heat treatment, to be effective, must be taken to the stage of boiling. Homogenization and heat treatment is still more effective, while the special spray process (which is extremely rapid) of drying, used in "Lactogen" and "Vi-Lactogen," gives even better results than boiling modified fluid milk for ten minutes. The curds which result on rennin coagulation are voluminous and easily disintegrated, are soft and more readily permeable to digestive juices.

Properly controlled *in vivo* studies of digestibility present innumerable difficulties as well as risks, and therefore some method of rapidly carrying out *in vitro* tests under comparable conditions is necessary to assess digestive characteristics of an infant food. "Curd tension," a means of comparing the toughness of the coagulum obtained by rennin action, indicated that milks differed in this respect, but, since chemical changes, addition or subtraction of salts, homogenization and heat treatment all affected the curd tension, this method cannot be considered entirely satisfactory as a measure of digestibility.

The latest technique takes into consideration other factors which also influence digestion. Special apparatus to simulate physical and chemical conditions of gastric digestion in the infant's stomach, is used, with approximate enzyme strength, increasing pH and peristaltic constriction, which influences particle size, enzyme penetration and ultimate digestibility.

The technique evolved by Doan and Dizikes† was followed in this laboratory and a graph drawn from the results obtained.

* Nestlé Research Laboratory.

† Doan, F. J., and Dizikes, J. L.—Digestion Characteristics of Various Types of Milk Compared with Human Milk—Bulletin 428, Agricultural Experiment Station, State College, Pennsylvania.

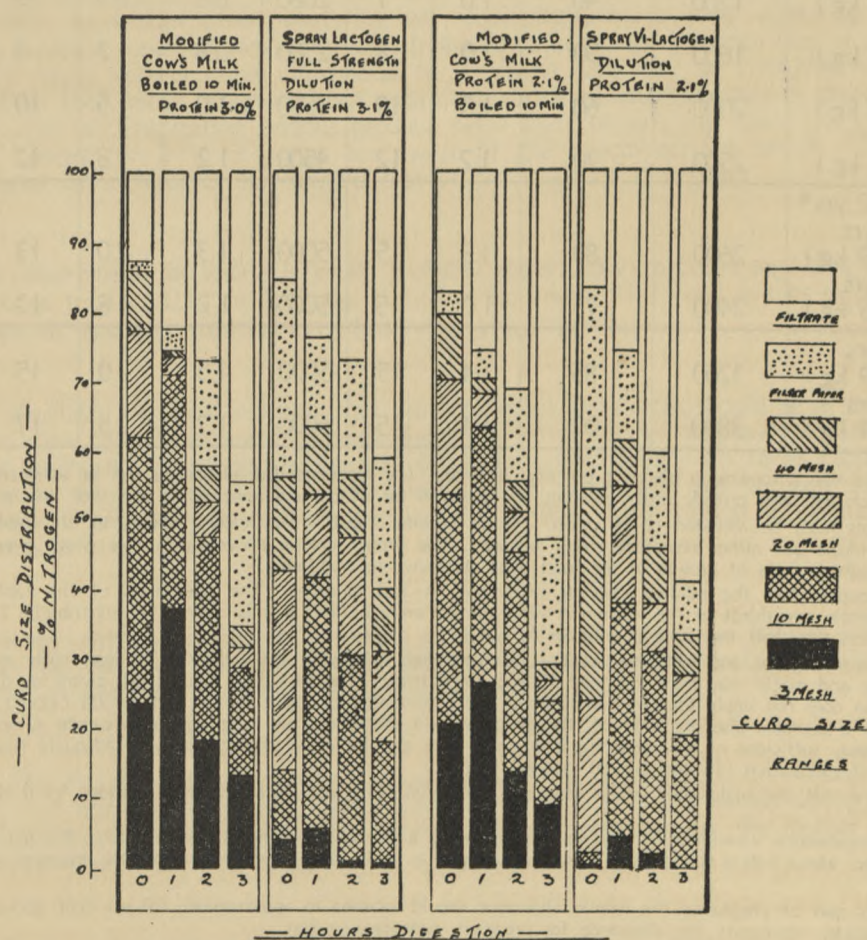
In one group, cows' milk modified to the protein content of "Lactogen" and then boiled 10 minutes is compared with "Lactogen," and in the second, cows' milk modified to 2.1 per cent. protein and boiled 10 minutes is compared with "Vi-Lactogen" at the same protein percentage.

The graph shows in terms of curd particle size measured at hourly intervals for 3 hours, the progressive changes during digestion, and also demonstrates curd characteristics.

Milk pasteurized but not boiled gave a larger particle size than in the case of boiled milk.

Even boiling modified cows' milk for 10 minutes gives less satisfactory digestibility than that of "Lactogen" and "Vi-Lactogen" produced by the special Nestlé process of manufacture.

Our trials were made with rubber tubes containing the milk under test, held at 99° F. and rhythmically squeezed to imitate peristalsis, with artificial gastric juice containing hydrochloric acid, rennin and pepsin. At half-hourly intervals hydrochloric acid was added progressively to reduce the pH, and at the end of each hour of digestion samples were withdrawn for measurement of the curd particle size, as well as for determination of the nitrogen. This nitrogen figure was utilised with a means of gauging the amount of protein present.



Graph illustrating percentage of nitrogen in each fraction gives a comparison of the changes taking place during digestion. The darker the shading, the larger the particle size.

RECOMMENDED DAILY DIETARY ALLOWANCES¹.

Reprint No. 129, Revised 1948

Food and Nutrition Board, National Research Council, Washington, U.S.A.

	Calories ²	Protein, gm	Calcium, gm	Iron, mg	Vitamin A, ³ I.U.	Thiamine, ⁴ mg	Ribofla- vin, ⁴ mg	Niacin (Nicotinic acid), ⁴ mg	Ascorbic acid, mg	Vitamin D, I.U.
Man (154 lb., 70 kg.)										
Sedentary	2400	70	1.0	12 ⁵	5000	1.2	1.8	12	75	6
Physically active	3000	70	1.0	12 ⁵	5000	1.5	1.8	15	75	6
With heavy work	4500	70	1.0	12 ⁵	5000	1.8	1.8	18	75	6
Woman (123 lb., 56 kg.)										
Sedentary	2000	60	1.0	12	5000	1.0	1.5	10	70	6
Moderately active	2400	60	1.0	12	5000	1.2	1.5	12	70	6
Very active	3000	60	1.0	12	5000	1.5	1.5	15	70	6
Pregnancy (latter half)	2400 ⁷	85	1.5	15	6000	1.5	2.5	15	100	400
Lactation	3000	100	2.0	15	8000	1.5	3.0	15	150	400
Children up to 12 yrs. ⁸ Under 1 yr. ⁹	110/2.2 lb. (1 kg.)	3.5/2.2 lb. (1 kg.)	1.0	6	1500	0.4	0.6	4	30	400
1-3 yrs. (27 lb., 12 kg.)	1200	40	1.0	7	2000	0.6	0.9	6	35	400
4-6 yrs. (42 lb., 19 kg.)	1600	50	1.0	8	2500	0.8	1.2	8	50	400
7-9 yrs. (58 lb., 26 kg.)	2000	60	1.0	10	3500	1.0	1.5	10	60	400
10-12 yrs. (78 lb., 35 kg.)	2500	70	1.2	12	4500	1.2	1.8	12	75	400
Children over 12 yrs. ⁸										
Girls, 13-15 yrs. (108 lb., 49 kg.)	2600	80	1.3	15	5000	1.3	2.0	13	80	400
16-20 yrs. (122 lb., 55 kg.)	2400	75	1.0	15	5000	1.2	1.8	12	80	400
Boys, 13-15 yrs. (108 lb., 49 kg.)	3200	85	1.4	15	5000	1.5	2.0	15	90	400
16-20 yrs. (141 lb., 64 kg.)	3800	100	1.4	15	6000	1.7	2.5	17	100	400

¹ Objectives toward which to aim in planning practical dietaries: The recommended allowances can be attained with a good variety of common foods which will also provide other minerals and vitamins for which requirements are less well known.

² Calorie allowances must be adjusted up or down to meet specific needs. The calorie values in the table are therefore not applicable to all individuals but rather represent group averages. The proper calorie allowance is that which over an extended period will maintain body weight or rate of growth at the level most conducive to well-being.

³ The allowance depends on the relative amounts of vitamin A and carotene. The allowances of the table are based on the premise that approximately two-thirds of the vitamin A value of the average diet in this country is contributed by carotene and that carotene has half or less than half the value of vitamin A.

⁴ For adults (except pregnant and lactating women) receiving diets supplying 2000 calories or less, such as reducing diets, the allowances of thiamine and niacin may be 1 mg. and 10 mg. respectively. The fact that figures are given for different calorie levels for thiamine and niacin does not imply that we can estimate the requirement of these factors within 500 calories, but they are added. Other members of the B complex also are required, though no valuvin allowances are based on body weight rather than caloric levels. Niacin will tend to supply sufficient of the remaining B vitamins. es can be given. Foods supplying adequate thiamine, riboflavin, and merely for simplicity of calculation. In the present revision, ribofla

⁵ There is evidence that the male adult needs relatively little iron. The need will usually be provided for if the diet is satisfactory in other respects.

⁶ The need for supplemental vitamin D by vigorous adults leading a normal life seems to be minimum. For persons working at night and for nuns and others whose habits shield them from the sunlight, as well as for elderly persons, the ingestion of small amounts of vitamin D is desirable.

⁷ During the latter part of pregnancy the calorie allowance should increase to approximately 20 per cent. above the preceding level. The value of 2400 calories represents the allowance for pregnant, sedentary women.

⁸ Allowances for children are based on the needs for the middle year in each group (as 2, 5, 8, etc.) and are for moderate activity and for average weight at the middle year of the age group.

⁹ Needs for infants increase from month to month with size and activity. The amounts given are for approximately 6 to 8 months. The dietary requirements for some of the nutrients such as protein and calcium are less if derived largely from human milk.

Further recommendations:

Fat. There is available little information concerning the human requirement for fat. Fat allowances must be based at present more on food habits than on physiological requirements. While a requirement for certain unsaturated fatty acids (the linoleic and arachidonic acids of natural fats) has been amply demonstrated with experimental animals, the human needs for these fatty acids is not known. In spite of the paucity of information on this subject there are several factors which make it desirable (1) that fat be included in the diet to the extent of at least 20 to 25 per cent. of the total calories and (2) that the fat intake include essential unsaturated fatty acids to the extent of at least 1 per cent. of the total calories. At higher levels of energy expenditure, e.g., for a very active person consuming 4500 calories and for children and for adolescent persons, it is desirable that 30 to 35 per cent. of the total calories be derived from fat. Since foodstuffs such as meat, milk, cheese, nuts, etc., contribute fat to the diet, it is necessary to use separated or "visible" fats such as butter, oleomargarine, lard, or shortenings to supply only one-third to one-half the amounts indicated.

Water. A suitable allowance of water for adults is 2.5 liters daily in most instances. An ordinary standard for diverse persons is one milliliter for each calorie of food. Most of this quantity is contained in prepared foods. At work or in hot weather, requirements may reach 5 to 13 liters daily. Water should be allowed *ad libitum*, since sensations of thirst usually serve as adequate guides to intake except for infants and sick persons.

Salt. The needs for salt and water are closely interrelated. A liberal allowance of sodium chloride for the adult is 5 grams daily, except for some persons who sweat profusely. The average normal intake of salt is 10 to 15 grams daily, an amount which meets the salt requirements for a water intake up to 4 liters daily. When sweating is excessive, one additional gram of salt should be consumed for each liter of water in excess of 4 liters daily. With heavy work or in hot climates 20 to 30 grams daily may be consumed with meals and in drinking water. Even then, most persons do not need more salt than usually occurs in prepared foods. It has been shown that after acclimatization persons produce sweat that contains only about 0.5 gram to the liter in contrast with a content of 2 to 3 grams for sweat of the unacclimatized person. Consequently after acclimatization, need for increase of salt beyond that of ordinary food disappears.

Iodine. The requirement for iodine is small, probably about 0.002 to 0.004 mg. daily for each kilogram of body weight, or a total of 0.15 to 0.30 mg. daily for the adult. This need is met by the regular use of iodized salt; its use is especially important in adolescence and pregnancy.

Phosphorus. Available evidence indicates that the phosphorus allowances should be at least equal to those for calcium in the diets of children and of women during the latter part of pregnancy and during lactation. In the case of other adults the phosphorus allowances should be approximately 1.5 times those for calcium. In general it is safe to assume that if the calcium and protein needs are met through common foods, the phosphorus requirement also will be covered, because the common foods richest in calcium and protein are also the best sources of phosphorus.

Copper. The requirement for copper for adults is about 1 to 2 mg. daily. Infants and children require approximately 0.05 mg. for each kilogram of body weight. The requirement for copper is approximately one-tenth that for iron. A good diet normally will supply sufficient copper.

Vitamin K. The requirement for vitamin K usually is satisfied by any good diet except for the infant *in utero* and for the first few days after birth. Supplemental vitamin K is recommended during the last month of pregnancy. When it has not been given in this manner, it is recommended for the mother preceding delivery or for the baby immediately after birth.

Folic Acid. Evidence for recognizing folic acid (pteroylglutamic acid, vitamin B₉, L. casei factor or vitamin M) as an essential human nutrient is presented in the text. The quantitative requirement cannot be closely estimated from evidence now available.

VITAMIN

VITAMIN A

(The anti-ophthalmic anti-infective vitamin—Oil soluble—Heat-stable, cooking or drying at usual temperature has little effect—Oxidises at higher temperatures).

Prevents infections (especially of eye and respiratory system), promotes growth and long life, appetite and digestion, and maintains vigour.

It is essential for normal reproduction and lactation and for maintaining the integrity of epithelial tissue. Deficiency may result in gland and sinus infection, kidney, ureter and bladder calculi, diarrhoea, physical weakness, etc.

The International Unit is 0.6 μ g of International Standard β Carotene.

ANEURINE (Vitamin B₁)

(The anti-neuritic vitamin—Water and Alcohol-soluble—Heat-labile, especially in alkaline solutions).

Promotes appetite and digestion, as well as growth, by improving metabolism, and also tonicity of the digestive tract.

It protects against nerve disease, e.g. polyneuritis and beri-beri, in association with other B vitamins and is necessary to the mother for normal lactation.

Deficiency may result in impaired digestion and growth, loss of weight and vigour, subnormal temperature, fatigue, loss of muscle co-ordination, paralysis of limbs, indigestion, constipation and colitis.

Necessary for normal reproduction, influencing normal maturation of germ cell in male and normal placental function in the female. Deficiency leads to death and resorption of the foetus.

The International Unit is 0.003 mg (approx.) of Aneurine hydrochloride. (1 mg = 320 I.U., formerly 333 I.U.).

RIBOFLAVINE (Vitamin B₂)

(Growth promoting—yellow coloured—slightly water-soluble—heat-stable except in alkaline solutions).

Acts as part of enzyme system regulating metabolism of fats, carbohydrates and amino acids—sparing action on B₁.

Avitaminosis causes cessation of growth in young and sudden death in adults, decreases resistance to infection, probably causes alopecia and cataract, cheilosis, seborrhoea, ocular symptoms, corneal opacity pellagra, black tongue and beri-beri.

There is no International Unit—most recent figure is: 1 Bourquin—Sherman Unit = 2.19 μ g.

No.	FOOD-STUFF	VITAMIN A			VITAMIN B			VITAMIN C	VITAMIN D	VITAMIN E
		A. I.U./100g.	Carotene μ g/100g.	Total Activity μ g/100g.	Aneurine μ g/100g.	Riboflavine μ g/100g.	Nicotinic Acid μ g/100g.	Ascorbic Acid mg/100g.	Probably D ₂ I.U./100g.	Total Tocopherols μ g/100g.
1	Apple		50—90		30—120	10—50	0.9—5.0	8—22	8 ⁽¹⁾	0.74
2	Bacon				840—1,440	130—300				0.53
3	Banana		17		50—160	56—75	3—6.1	10		0.4
4	Barley				500					
5	Beans		221—400		198—450	110—175	3.5—7.6	7.2—20.2 ⁽²⁾		
6	Beef				72—240					
7	Beef Kidney ..	1100			250		73—100			
8	Beetroot				10—30 ⁽²⁾	50	4—6.4	5 ⁽²⁾		0.2
9	Bread—White 70% Extraction ..				160	60	6.6—10.0			
10	Bread—Wholemeal ..				225—450	180	37—42			
11	Butter			1,080—5,670	0—120	10—37			8—99	2.1—3.5
12	Cabbage			900	30	50—57	1.2—4.0	11—57		0.11
13	Calf Liver			52,600— 159,800	198—450	3,300	120—179	30—50	0—10	
14	Carrot		2,000—9,600		60—70	50—60	4—14.7	4—9		0.45
15	Cheese—Cheddar ..			5,500	24—40	500—550	2	0	+	1.0
16	Chocolate—Milk ..			480	50	+	+			
17	Chocolate—Plain ..			36			11			0.7
18	Dripping	0		0					33—44	
19	Eggs—Hen—Whole ..	420—1,100			150	250—400	1.0	0	70	1.4
20	Eggs—Hen—Yolk ..	130—8,800			300—420	520			140—390	
21	Figs			80	60—75	5	10	2.2—8.7		
22	Fish—Cod—Flesh ..	0							3,100—30,000	
23	Fish—Cod—Liver ..	60,000			270		16	26.7	6,000	
24	Fish—Herring—Canned ..	28							112—420	0.05
25	Fish Liver Oil—Cod B.P.	60,000							8,500	
26	Fish Liver Oil—Halibut	2,000,000— 36,000,000							20,000— 400,000	
27	Fish Liver Oil—Tunny	52,000— 8,000,000			40				1,600,000— 25,000,000	
28	Fish—Mullet	430—1,075								
29	Grape		15		50	15—40	4—8.4	4		
30	Ham				600—1,070 ⁽²⁾	190				
31	Lactogen	2770			250	1,270	+	6	422	
32	Lamb Fry			50,000— 150,000	300	3,300	176	25—50	20	1.4

CHART

NICOTINIC ACID

(Pellagra preventive vitamin).

No known clinical symptoms for mild deficiency but general deficiency symptoms are summarised as pellagra, although this is not caused solely by Nicotinic Acid deficiency. Lack causes lesions of mucous membranes and a dermatitis on parts exposed to sunlight.

International Unit—None has been fixed.

ASCORBIC ACID (Vitamin C)

(The anti-scorbutic vitamin—Water soluble—Readily oxidised at higher temperatures).

Protects against scurvy. Also necessary for the proper metabolism of bones and normal tooth development and maintenance. Deficiency leads to scurvy, hæmorrhages of mucous membrane, skin, joints, and bone marrow; spongy gums, painful swelling of joints, bone fragility, decalcification, caries, fatigue, etc.

The International Unit is 0.05 mg of Ascorbic Acid.

VITAMIN D

(The anti-rachitic vitamin—Oil soluble—Heat-stable—Fairly resistant to oxidation).

Regulates absorption and metabolism of the Calcium and Phosphorus, needed for bone formation. Similarly regulates mineral metabolism of teeth and bones. It is necessary to the pregnant mother to prevent rickets in the young.

Deficiency results in rickets and bone deformity, enlargement of the joints, beading of ribs, softening of cranial bones, etc., as well as muscular weakness, nervous instability, dental caries and so on.

The International Unit is 0.025 µg of the International Standard preparation of crystalline D₃.

VITAMIN E

(The anti-sterility vitamin—Oil-soluble—Heat-stable, cooking, drying or sterilizing has little effect—Susceptible to oxidation).

Not yet settled whether E avitaminosis occurs in man. Considerable evidence exists that it may exert beneficial influence on habitual abortion and possibly threatened abortion, toxæmias of pregnancy, sterility and muscular dystrophy, also peripheral vascular diseases and capillary permeability.

The International Unit is 1 mg synthetic racemic α tocopherol acetate.

No.	FOOD-STUFF	VITAMIN A			VITAMIN B			VITAMIN C	VITAMIN D	VITAMIN E
		A. 1.U.s./100g.	Carotene µg/100g.	Total Activity µg/100g.	Aneurine µg/100g.	Riboflavine µg/100g.	Nicotinic Acid µg/100g.	Ascorbic Acid mg/100g.	Probably D ₃ 1.U.s./100g.	Total Tocopherols µg/100g.
33	Lettuce		1,500—2,400	3,000	60—75	45—150	2—5	8—18		0.43—0.54
34	Maize		10—900		135—180	60—140			19	
35	Malted Milk—Nestlé's ..	400			1,900	489	84		315	?
36	Margarine—Vitaminised ..	1,584—1,936				0—6				
37	Milk—Cows' Fluid ..	51—151	43—170		41—48	135—210	0.8—1.0	2.2 (3)	0.3—3.8	0.02—1.2
38	Milk—Condensed— Sweetened			144—442	50	+	1.8			
39	Milk—Condensed— Unsweetened			128—335	50	360—390		0.4—2.7		
40	Milk—Dried—Skimmed ..				410	160—200	6—8.9	1.58—6.27		0.05
41	Milk—Dried—Whole ..			384—1,090	300	1,500		6—9		0.3—0.5
42	Milo Tonic Food	2,200			430	500		5.5	390	
43	Orange—Flesh		0—22		—	30—90	2.2	16—47		
44	Orange—Juice		300—400		70—92			22—89		0.24
45	Onion		25		30	24—50	1—5	6 (2)		
46	Parsley		5,000—30,000		80	300		154—209		5.5
47	Peas				200 (2)	150—200 (1)	7—21	14—16		2.1—6.4
48	Peanut		63		694—1,050	160—500	86	10	0	9.3
49	Pineapple—Whole Fruit ..		60—160		80—90	5—55	1.36	3—13		
50	Plum		0—320		50—150	30—45	1—5.6	3—7		
51	Potato		28—50		90	29—40	11.8	18 (3) 10 (2)		0.1
52	Rice—Brown		34		60—290	60—80	44—60			
53	Rice—Milled		0		50	47	14			
54	Sardine				1,800					4.5
55	Spinach		2,630—6,500		50—120	230—400	5—7.2	15—71		1.7
56	Tomato—Whole—Ripe ..		400		70	40—60	5.8	10—38		0.36
57	Tomato—Juice		320—590				1.0	16—33		
58	Vi-Lactogen	2,766			175	888	+	4	410	
59	Wheat Flour—White 70% Ext.		0		60—90	85	8.4—12.0			
60	Wheat Flour—Whole Meal		102—456		540—1,080	160—250	28—80		—	27
61	Wheat Germ				1,800—3,750	480—1,500				100—420
62	Wheat Germ Oil									0
63	Yeast—Brewers'			0	7,500—24,000	1,800—3,000	300—1,000	1—2		

(1) Raw. (2) Cooked. (3) Average. + Present.

MICROBIOLOGICAL PROBLEMS IN FOOD PRESERVATION *

Many foods cannot be consumed immediately on harvesting, and it is therefore desirable to preserve them, as far as possible, in a fresh condition. Various temporary preservation methods exist whereby the natural microbial flora are not destroyed but development is slowed down. Examples are:—

Refrigeration which leaves intact the original organoleptic quality of the fresh food, while slowing down the activity of microbes but not always of enzymes. It does not sterilize even if the food is frozen at very low temperatures.

Air exclusion, storage under pressure of oxygen (Hofius-Richter), under carbon dioxide, in ozonised ice, chemical preservatives, salt, smoking, in acid (mixed pickles in vinegar) and drying, all have their uses.

These processes considerably slow down deterioration but are weak from a hygienic point of view, since any pathogenic flora present are not destroyed although their development is either arrested or impeded.

Another approach to the problem is to destroy a portion of the natural microbial flora present in the fresh food. Non-sporing bacteria are affected and there is thus every possibility that pathogenic bacteria will also be destroyed, so that an improvement in purity is obtained.

Pasteurization preserves for a limited period and leaves almost intact the bio-chemical properties of the product treated. It is used mainly for liquids such as milk and cream. Non-sporing microorganisms are destroyed in this way, particularly pathogenic types.

Pasteurized milk is of good bacteriological quality only when:—

1. It is cooled immediately after processing,
2. Kept in a cool place until consumed, and
3. Protected against infection after pasteurization.

When complete destruction of all enzymes and microbes becomes necessary the standard method is heat sterilization.

In 1795 the French Government offered a prize of 12,000 francs to the inventor of the most effective means of preserving food supplies intended for the Napoleonic army and navy. Nicholas Appert, a Parisian confectioner, won this prize by inventing a method of preserving food in hermetically sealed glass jars by heating them for a certain time in boiling water, and he has been called the "father of the preserving industry". The introduction of tinsplate gave impetus to this new industry until to-day it would be difficult to visualize our markets without preserved foods. However, the use of heat for sterilization is limited by the nature of the product to be preserved, particularly as the manufacturer is obliged on the one hand to destroy all dangerous microorganisms, and, on the other to maintain as far as possible the nutritive and

* Nestlé Research Laboratories, Vevey.

biological value of his product. To satisfy these requirements the following important factors must be taken into consideration:—

1. Resistance of microorganisms to heat,
2. The chemical and physical nature of the food to be preserved, and
3. The speed at which the heat penetrates the product.

It is believed that the death of a bacterial cell is due to destruction of certain vital enzymes or to the coagulation of proteins and, while non-sporing bacteria, yeasts and moulds are destroyed almost instantaneously at 100° C., bacterial spores continue to exist at even higher temperatures. Absolute sterility is only obtained under steam pressure treatment in the sterilizer and this must be maintained for a certain period of time.

Speed of destruction of bacterial cells is a logarithmic function of time so that it follows the greater the original number of cells, the longer period of time required to destroy them.

The pH of the food it is required to preserve plays an important role. The majority of sporing bacteria have a maximum resistance to heat at neutrality and the higher the acidity or alkalinity of the solution the less resistant the microorganisms become.

It has been noted that sugar, proteins and particularly fat protect microorganisms against the effect of heat, etc.

The speed at which heat penetrates the product depends on several factors such as the physical character of the substance under treatment (i.e., liquid, very viscous or solid), on the type of material used for the container and on the ratio between surface and volume of the container.

Another type of preservation produces food not entirely free from organisms but known as "commercially sterile". Typical examples are sweetened condensed milk and powdered milk.

During heat sterilization of foods all microorganisms are destroyed and the possibility of recontamination is practically eliminated. However, with certain foodstuffs, whose biological quality must be maintained, high temperature sterilization for prolonged periods of time is not practicable and other methods of preservation based on the modification of conditions of life of microorganisms, rendering their development impossible, are used. This is known as a bacteriostatic state.

The purity of the product can be guaranteed to the consumer and, as the food is packed in hermetically sealed tins, contamination after filling is prevented. The surviving sporing bacilli are unable to develop and thus the product has a relatively long life although it does not keep as long as a sterile product. Such products are known as "commercially sterile," i.e., they are fit for sale even though not entirely sterile.

In the manufacture of sweetened condensed and powdered milks, the fresh milk used is a rather unusual raw material. Its chemical composition and high water content render it an excellent medium for the culture of all species of microorganisms, which may be grouped in five categories, acidifiers, proteolytics, fat-decomposing microorganisms, miscellaneous microorganisms and pathogenic bacteria.

1. Acidifiers.—The majority of these act on milk, transforming lactose into lactic acid. The coli-ærogenes group is included in this category.
2. Proteolytic bacteria act on protein substances, producing more or less complete disintegration. Many of the bacteria, due to their capacity for forming spores, are able to resist extremely high temperatures.

3. Fat-decomposing organisms.—These bacteria are sometimes responsible for rancid or bitter taste in milk and in cream.
4. Miscellaneous Microorganisms.—Apart from the three types of bacteria mentioned above, all varieties of microorganisms are found in large numbers in and in the neighbourhood of, fresh milk and the utensils used. They belong to the yeasts, moulds and actinomyces.
5. Pathogenic bacteria.—Certain contagious diseases may be carried by milk, either originating from the cow or from contamination of the milk after milking. The former group includes, for example, tuberculosis and Bang's disease, while the latter includes typhoid fever, dysentery, gastro-enteritis and scarlet fever.

Pasteurization of milk destroys all the above-mentioned pathogenic organisms and in addition non-sporing bacteria, with the exception of certain heat-resistant types of bacteria. Consequently, the hygienic quality of milk so treated can be considered irreproachable. The sugar used in the manufacture of sweetened condensed milk is added in the form of a concentrated aqueous solution, and this is maintained at boiling-point for several minutes. However, a secondary contamination after pasteurization may take place, both during manufacture and in the filling process. Needless to say, these infections are reduced to a minimum by cleaning and disinfection of all apparatus and the surrounding air.

Bacteria originating from recontamination differ from those causing the primary infection of milk in the cow shed, where cows represent the principal source of pathogenic organisms (tuberculosis and Bang's disease).

The development of spores which have resisted pasteurization and of the micro-biological flora resulting from secondary contamination is prevented by two methods.

In Sweetened Condensed Milk, very high osmotic pressure results from the condensation of the milk and the addition of sugar. Not only is a bacteriostatic state obtained but it has also been observed that autolysis of the majority of bacteria, including, *inter alia*, coli bacteria, commences fairly rapidly. There is, however, an exception to this rule, i.e., microorganisms known as osmophilics, which can slowly develop in Sweetened Condensed Milk and cause fermentation of the sugar.

During the processing of powdered milk, water, indispensable to the development of microbes, is almost completely eliminated (dehydration). Only 2-4 per cent. of water remains and therefore all microbiological activity is arrested. Evaporation is usually achieved by application of heat: however, a method does exist whereby this process can be effected by the vapourization of a frozen solution (Freeze-Drying), but the process is, as yet, too costly for normal industrial use.

All preserved foods are, of course, rigorously controlled and scrutinised from the points of view of hygiene and the possible presence of saprophytic organisms likely to affect the product; the consumer can, therefore, rest assured of the quality and purity of preserved foods.

PROBLEMS OF RAW MILK

Bovine Tuberculosis

R. W. Kind and M. C. Brough—B.M.J., 1954, Feb. 13, pp. 372-4

The Survey of the Medical Research Council, 1952, showed tuberculosis of bovine origin is still a serious problem, infection often occurring in children between 5 and 9 years old. A probable explanation is that infants fed on breast milk and subsequently (largely due to the efforts of welfare clinics) on dried or other safe forms of cows' milk, on going to school may be infected by drinking milk.

Two children aged 9 and 5 in the same village were found to have non-pulmonary tuberculosis; abdominal in one and cervical glands in the other were evident. Both received milk from the same source, and a biological check showed it to contain tubercle bacilli. Clinical examination of the herd showed one cow suffering from tuberculosis of the udder.

Three further children were found subsequently with tuberculous glands of the neck.

Thus five clinical cases of tuberculosis in children were attributable to milk from a tuberculous cow.

Törnell, in Sweden, found 13 women factory hands aged 17-29 years all tuberculin-positive, the single common food being a milk supply, subsequently found to contain tubercle bacilli, and Stahl found 50 infected persons, chiefly children, in a community, all using a milk supply from a herd containing one cow with tuberculous mastitis.

Milk-Borne Scarlet Fever in Denmark.

Extract from the "Lancet," May 6th, 1939.

"In describing a recent outbreak of scarlet fever in Denmark, Juel-Henningsen and Ernst paint a picture as vivid as that which H. H. Scott provides in 'Some Notable Epidemics.' If the plot of all these stories is more or less the same, the detective work entailed is always interesting.

"The Danish outbreak began with the notification of about 20 cases of scarlet fever in Vejle, a community of about 25,000 people. On April 14th, the outbreak culminated with the notification of about 40 cases. As most of the patients had been supplied with milk from the same dairy, its owner was questioned, and he was able at once to state which was the milk cart and which were the farms providing milk for the part of the town where infection had broken out. Medical inspection of the farms led to the discovery of a hitherto undiagnosed case of scarlet fever in a milkmaid whose hands were peeling, and one of whose ears was discharging pus.

"The prompt elimination of the milkmaid as a source of infection was doubtless the reason why the outbreak ceased as abruptly as it had begun. The bacteriological examination revealed Lancefield's group A and Griffith's type 3 *Streptococcus pyogenes* in the pus from the milkmaid and in 108 of the 118 cases of scarlet fever. As in most such outbreaks the infection of the milk is maintained by mastitis in one or more cows, diligent search was made for disease of the udders in those that had supplied the offending milk. But though every cow was examined twice at an interval of six days, and the aid of the State Veterinary Serum Laboratory and of the State Serum Institute was invoked, neither the cows nor their milk proved to be infected.

"The milkmaid therefore seems to have been alone responsible for this outbreak, and it is remarkable that though raw milk is a poor culture-medium for the germ in question, and the cows did not co-operate in spreading the infection, she still succeeded in giving scarlet fever to 118 persons and angina faucium to about 50 others."

Raw Milk in the spread of disease.

Scarlet fever, diphtheria, paratyphoid fever and enteric fever have frequently been spread by milk; bacillary dysentery and acute food-poisoning more rarely so. Usually the organism responsible gains entry into the milk after it leaves the cow, although occasionally the cow itself is infected and is the source of infection in the milk.

Undulant fever in man is spread by consumption of milk from infected cows.

Human tuberculosis of bovine origin is of especial importance, and, although there is evidence that the cases are diminishing, Sir William Savage, in 1938, considered that in England there were, at a conservative estimate, 1,700 deaths per annum with, probably, 4,000 fresh cases each year. He stated "These facts constitute a strong case against the use of raw milk, and it is because of them that so large a proportion of the medical profession, including those in the public health service, is so insistent that these risks must be removed".

Streptococcal Infection.

To-day it is considered that the majority of milk-borne streptococcal epidemics arise, not from direct contamination from a human source, but by contamination from one or more cows in a herd, suffering from mastitis due to hæmolytic streptococci of human origin.

Experimental work clearly indicated that streptococci from human sources, placed on the teat surfaces readily ascended the teat duct, leading to infection of the bovine udder.

Evidence from Denmark in one such milk-borne epidemic proved conclusively that one cow excreted streptococci for the whole lactation period, while in another epidemic in England, a cow was shown to excrete the organism for six weeks, in spite of the fact that, in both cases, while the milk was known to be infected, nevertheless there was either slight evidence or no evidence at all of symptoms of mastitis in the cow concerned during certain times in the lactation period.

Outbreaks in the United States of severe epidemic scarlet fever and septic sore throats have been traced to mastitis or hæmolytic streptococci of bovine origin.

Staphylococcal Infection.

It is a surprising fact that, although investigation of bovine mastitis has shown that numerous cows are infected with staphylococci, outbreaks of staphylococcal food-poisoning are not more prevalent.

These investigations frequently have disclosed thirty or more per cent. of cows in a herd to be infected, more frequently, for some reason not disclosed, in the hind quarters than in the fore quarters of the udder.

Quite possibly due to the (frequently) mild nature of many staphylococcal outbreaks of food-poisoning, they pass unnoticed; or are notified to the authorities at too late a stage for satisfactory specimens to be obtained for full investigation.

In England outbreaks have been associated with milk, custard and butter, while in the United States, raw milk and milk products such as ice cream, cheese, cream and custards have been held responsible for most of the cases recorded.

In one school outbreak, attributed to the eating of cream puffs, within four hours of ingestion, no less than 80 per cent. of the cases were ill, symptoms being vomiting (usually severe), abdominal pain, diarrhoea, headache, muscle cramps and sweating.

Prevention of staphylococcal food-poisoning by milk or milk products calls for heating, either to 80° C. for 15 minutes or 85° C. for 10 minutes to ensure destruction, and greatest care is essential to prevent subsequent re-infection in handling.

THE NUTRITIVE VALUE OF MILK AND MILK PRODUCTS

Biological Values of Milk Products.

Henry, Houston, Kon & Osborne, ("J. Dairy Research," May, 1939), working with Evaporated Milk, Spray Dried Milk and Roller Dried Milk, reported no significant difference between the biological values of the proteins in the three processed milks.

No significant difference was found between the digestibility of the proteins of roller and spray dried milk, but those of evaporated milk were less digestible. A highly significant difference between the Vitamin B₁ content of evaporated milk (approximately only half) and roller and spray dried milk was recorded.

In animal experiments the dried milks were found significantly superior.

No loss of vitamin A or of carotene, was found during processing and moreover, no decrease was found after one year's storage of the processed milks. Similarly there was no loss of riboflavin content in processing or even after sixteen months' storage.

In spray-drying a loss of 20% of the vitamin C content of the milk was recorded, as compared with 30% loss during roller drying and evaporation. Little further change in the vitamin C content of roller dried milk was discovered, while in spray dried milk it declined slightly after seven months' storage, and in evaporated milk there appeared to be a more definite and gradual loss. Since it is now customary to supplement vitamin C even in breast-fed infants, this destruction seems of little moment.

The Value of Milk as a Protective Food.

The Technical Commission of the Health Committee of the League of Nations, in a recently published report ("Physiological Bases of Nutrition") record the fact that "the deficiencies of modern diets are usually in the protective foods rather than in the strictly energy-bearing foods"; the former being defined as being especially rich in "good" protein, vitamins or minerals.

"Among the protective foods are, first and most important, milk and milk products (including butter), eggs and glandular tissues; then green-leaf vegetables, fruit, fat, fish and meat (muscle)."

Milk is acknowledged to be a "rich source of calcium salts, phosphate and of vitamin B₂, also a good source of vitamin B₁, whilst milk fat is an excellent source of vitamin A." Moreover, the proteins of milk are not only of the highest nutritive value but also improve the utilisation of protein derived from cereals or vegetables, and the report includes the note that:—

"Milk should form a conspicuous element of the diet of all ages. The Commission commends the tendency manifested in some countries to increase the daily intake up to one litre per day for pregnant and nursing women, as well as to provide an abundant supply for infants, children of all ages and adolescents."

"Milk is of such outstanding value that the consumption of a sufficient quantity of it may be regarded as the key to proper nutrition. Every one of the constituents of milk possesses high nutritive value and it is, therefore, most desirable that all of these should be utilised for human nutrition, more especially because the diets of many people are deficient in the nutrients supplied by milk and certain of its products. Moreover, cows' milk, the most complete food known, is elaborated from vegetable matter of little or no value for human nourishment"

"The composition of cows' milk . . . contains the energy-giving nutrients, protein, fat and carbohydrate; all the known essential vitamins, calcium, phosphorus, iron, sulphur, iodine, magnesium, potassium, sodium, chlorine and copper, some of the physiological roles of which are known, and a number of other elements, present only in minute amounts, such as manganese, zinc, and fluorine, the exact functions of which are not fully understood, but which would seem to be as necessary for normal nutrition as any of the other constituents. Even if it were possible to state the chemical composition of milk in full a very imperfect idea of its nutritive value would be obtained, because it would leave unmentioned many important physico-chemical and biological properties on which its high nutritive value largely depends. For example, the physico-chemical states of its constituents make for easy digestion and assimilation; the relationship of the different constituents to one another ensures normality of bodily function; the nature of its protein and of its mineral elements, notably calcium and phosphorus, and its high content of other inorganic elements and vitamins make for satisfactory growth and give it a very high value as a protection against disease."

"The fact that milk is a valuable human food, particularly when new tissues are being formed, has been recognised from the earliest times. Within recent years much experimental evidence has been brought forward, which has shown that cows' milk is the most valuable food known for the promotion of growth and health in children. . . . From the results of these and many other experiments too numerous to mention, on man and animals, it can be predicted that important beneficial effects would result from an increase in the consumption of milk above that at present prevailing in this country"

"Milk is in itself a well-balanced mixed diet. Its few disadvantages, which vary with the age of the person for whom it is intended, are easily overcome. All babies should be brought up on their mother's milk, but after breast feeding ceases, although cows' milk ought to form the bulk of the diet, this should be supplemented with iron, vitamins D and C, preferably given in the form of natural foods, such as egg-yolk, orange juice and cod-liver oil. For children, adolescents and adults, a diet of milk alone is undesirable because it is deficient in energy-giving constituents relative to its bulk. For these it should be regarded as an important item in a mixed diet and not as a complete food; but on account of its growth-promoting properties it should form a larger proportion of the diet of children and adolescents than of that of adults. The expectant mother has to elaborate from her food the materials necessary for the growth of her offspring, while the nursing mother has to secrete milk to serve as the only food of her infant for at least six months. The milk requirements of the expectant or nursing mother are of a similar order to those of the growing child."

DRIED MILK

Some Medical Opinions.

(Extract from "The Infant," by Eric Pritchard, M.A., M.D., F.R.C.P., 1938).

"The time-honoured belief in the virtues of raw milk for the feeding of infants still survives in certain quarters, in spite of all the scientific evidence which proves that such virtues are quite illusory. It is, perhaps, unnecessary to point out that since dried milks, which are, of course, cooked milks, have largely superseded dairy milk — for the most part raw — in the feeding of infants, the Infant Mortality Rate in this country has steadily fallen. There are naturally many other factors besides the mere cooking of milk concerned in this highly satisfactory result, but it is quite certain that if the heating of milk seriously impaired its nutritive qualities this result would never have been achieved. The effect of heat on the nutritive properties of the various elements contained in the milk is insignificant, excepting in the case of vitamin C, the anti-scorbutic element, which undoubtedly deteriorates under the influence of heat and oxidation, but since an independent supply of this vitamin is invariably provided in all cases of artificial feeding, this is no argument against the use of sterilized milk if sterilization has independent advantages. As regards this latter point there cannot be two opinions. The greatest danger that exists for young infants is infection, and there can be no question that raw milk is the most prolific medium for the conveyance of infection."

(Extract from a communication from Dr. H. Kerr—"Medical Officer"—30/4/'32).

"While it is not contended that dried milk is superior, or even as good as the very best and purest fresh milk, this latter is of such exceptional occurrence that dried milk is an infinitely purer and cleaner article for the use of the average family than the ordinary retail milk. That it is deficient in anti-rachitic vitamin is a mischievous assertion, founded upon insufficient knowledge. Very particular attention was paid to this point before it was ever decided to use dried milk in Newcastle, the very highest scientific assurances being first obtained."

(Extract from "Recent Advances in Diseases of Children," by Wilfred J. Pearson, D.S.O., M.C., D.M., F.R.C.P., and W. G. Wyllie, M.D., M.R.C.P.).

"There are advantages in the use of dried milks instead of the fresh variety. They are practically sterile, and are certainly to be preferred to contaminated fresh milk. The percentage of ingredients is known within reasonable limits. The nutritive values seem to be uninjured; indeed, it is probably improved, both because of the alteration in the protein, the casein being divided into minute particles during the process, and because the size of the fat globules is reduced during manufacture. The keeping qualities also are excellent. It is claimed that none of the vitamins (A, D, B, or C) is impaired in the process."

"VI-LACTOGEN" PROCESS OF MANUFACTURE[☆]

The vitamin content of milk depends largely on the food of the cow and exposure to sunshine, so that the supplies to the Nestlé factories can be considered ideal. Further, as the milk during the process of manufacture is only exposed for a limited period to a temperature sufficient to ensure destruction of pathogenic bacteria, the vitamin content is conserved.

Cows' milk is generally accepted as having a lower iron content than human milk. A small amount of Ferri et Ammonii Citras sufficient to give 4 p.p.m. of Fe_2O_3 in the reconstituted food is now being added to both "Vi-Lactogen" and "Lactogen" to make up for any possible deficiency of iron in the cows' milk used. Reference to an article, "Nutritional Anæmia in Infancy," which was published in the "Medical Journal of Australia," September 27th, 1941, will indicate justification of this policy.

As many Infant Specialists consider that a greater margin of safety, especially for vitamin D, is desirable than is possible with fresh milk, we now, after careful research, incorporate the concentrate of vitamins A and D in "Vi-Lactogen" and "Lactogen."

This concentrate is prepared under strictest scientific control and contains fifty times the number of D units present in the best quality of Cod-liver Oil.‡

The amount of concentrate added is equivalent to—
497 International Units vitamin A. and
106 " " " " D.
in each ounce (147 calories) of "Vi-Lactogen" powder.

This is equal to more than a $\frac{1}{2}$ teaspoonful of Emulsion and is additional to the natural vitamins already present in the product.

An infant at 6½ months is given 5 ounces of "Vi-Lactogen" and thus receives 2485 International A Units and 530 International D Units of added vitamins. Similarly at the same age, it would receive 5.4 ounces of "Lactogen," containing 2684 International A Units, and 572 International D Units of added vitamins.

Each factory has its staff of specially trained farms' inspectors, whose duties include routine examination of cattle for disease, as well as ensuring that dairy premises, cow bails, utensils, etc., are in absolutely sanitary condition, and that each of the stringent Regulations of the Company concerning milk supply are strictly observed.

A recent development has been the appointment of qualified veterinarians to the Nestlé factories manufacturing infant foods.

All cans are washed and sterilised **with live steam** in automatic machinery operated by Nestlé employees.

All cows are milked in accordance with a time-table, so that the process of manufacture commences as soon as possible after milking. Most raw milk for city consumption is, on the other hand, 24 to 48 hours old before delivery to customers, and older still before it is consumed.

The raw cows' milk received at the Company's factories is submitted to very strict and searching tests in the Factory Laboratory, and unless it passes all of these, is not manufactured into "Vi-Lactogen" or "Lactogen."

* Nestlé Research Laboratory.

‡ Many observers have commented on the enormous variation in vitamin content from sample to sample of Cod-liver Oil.

As cows' milk varies in composition even from day to day, the factory chemists rapidly analyse each batch and so balance its components by additional butter fat and milk sugar,[§] that the "Vi-Lactogen," when reconstituted by the addition of hot, boiled water, closely resembles human milk. "Lactogen" has a slightly higher protein and lower milk sugar content and is made by these methods.

During manufacture and after pasteurizing, the milk is homogenized to break up the large fat globules, until they become even smaller than those of human milk.

The milk is spray dried by a special process, a patent for which is held by the Nestlé Company. So gentle is the drying action that the solubility after reconstitution with water compares favourably with fluid milk. The effect of the heated air used in drying is so slight that, to ensure proper pasteurization of the milk, this operation must be separately performed prior to drying. In the process of spray drying a jet of milk meets a current of warm air and is at once dispersed into a fine mist. Water is immediately evaporated from the tiny droplets of milk, leaving behind particles of milk powder. These fall to the bottom of the drying chamber and are automatically removed. The process is, of course, continuous.

Finally the resulting powder is packed by automatic filling machines into tins for the market—it is untouched by hand at any time.

Routine bacteriological examinations carried out on the contents of the tin as packed for the market indicate a low average colony count.

The manufacturing process has removed all danger of the presence of pathogenic organisms.

Every tin is stamped on the bottom with the date by which the contents should have been used, and by this means only fresh stock remains on the market. The Nestlé organisation also arranges for the withdrawal of overdated stock and its replacement by freshly dried "Lactogen" or "Vi-Lactogen."

This expiry date does not imply that after that date the contents of the tin is no longer suitable for use; it prevents the sale of old stocks to the public.

The chief chemical and physical characteristics of "Vi-Lactogen," the humanised milk, are:—

1. "Vi-Lactogen" is pure, fresh milk modified ("humanised"), fortified by the addition of a Concentrate of A and D vitamins and iron, dried by a highly scientific process.
2. Uniform composition, closely corresponding to that of human milk.
3. Reduction in size of fat globules in process of manufacture. (The usual process employed in manufacturing dried milks tends to cause the fat globules to become much larger than those in cows' milk.)
4. "Vi-Lactogen" is under the strictest scientific control, from the time the milk is obtained from the cows until it is finally consumed by the infant.
5. "Vi-Lactogen" is entirely an Australian product, manufactured by the Nestlé Company in factories situated at Smithtown, North Coast of New South Wales, and Dennington, in the Western District of Victoria, and the milk supplies are drawn from some of the world's richest pastures.

[§] As milk-sugar has been known to contain foreign matter and also small quantities of a substance which may cause digestive disturbances all lactose used in the preparation of "Vi-Lactogen" and "Lactogen" is carefully tested before use.

"VI-LACTOGEN" FEEDING TABLE

"Vi-Lactogen" contains added Vitamins A and D and a small amount of organic Iron. Each 7 ozs. of mixed "Vi-Lactogen" contains the equivalent of half a teaspoonful of Emulsion.

Based on MEDICINAL Teaspoons and Tablespoons. Household spoons should not be used. Ask our nearest Office for free "Lactogen" Measure and copy of "The 'Lactogen' Mother Book."

PRESS POWDER FIRMLY IN MEASURE WITH KNIFE AND LEVEL OFF

FOR 3-HOURLY FEEDS 6 a.m. to 9.30 p.m. (6 feeds)					
AGE	"VI-LACTOGEN" Level Spoonfuls		WATER Spoonfuls	Makes Fluid Ounces	Cals. per feed
	Table	Tea			
At 1st Week	—	1½	2	1	17
3rd "	1 &	1	5½	3	56
5th "	1 &	2½	7½	4	73
7th "	1 &	3	8	4½	79
2½ Mths.	2	—	9	5	90
3½ "	2 &	1	10	5½	101
4½ "	2 &	2	11	6	112
Discontinue night feeding (after 10 p.m.) as soon as possible.					
Try 4-hourly feeding after 2nd month.					

Increase

quantities

slightly

each

week

avoiding

abrupt

changes.

FOR 4-HOURLY FEEDS 6 a.m. to 10 p.m. (5 feeds)					
AGE	"VI-LACTOGEN" Level Spoonfuls		WATER Spoonfuls	Makes Fluid Ounces	Cals. per feed
	Table	Tea			
At 1st Week	—	2	2½	1½	23
3rd "	1 &	1½	6½	3½	62
5th "	2	—	9	5	90
7th "	2 &	1	10	5½	101
2½ Mths.	2 &	2	11	6	112
3½ "	2 &	3	12½	6½	123
4½ "	3	—	13½	7½	135
5½ "	3 &	½	14	7½	141
6½ "	3 &	1	14½	8	147
7½ "	3 &	2	15½	8½	158
9 "	3 &	3	16½	9	170

IMPORTANT.—When commencing this food mix all the water with only half the amount of "Vi-Lactogen" for first feeds, then gradually increase the amount of "Vi-Lactogen" to amount shown.

MIXING.—Place powder on top of the hot (boiled) water and stir vigorously with a fork until completely dissolved.

Analysis of "Vi-Lactogen."

	POWDER	DILUTED
Fat	24.2	3.0
Protein ..	16.9	2.1
Lactose ..	53.1	6.6
Ash	3.6	.45
Added vitamin A	64	International Units per ounce of mixed food.
Added vitamin D	14	" " " " " " "
Added organic Iron ..	4	parts per million of Fe ₂ O ₃ in mixed food.

Data of "Vi-Lactogen."

1 Medicinal Tablespoon = .31 oz. or 8.75 grm.

1 oz. Avoir. = 3¼ Medicinal Tablespoons.

1 Gram = 5.15 Calories.

1 Tablespoon = 45 Calories.

Added vitamin A 64 International Units per ounce of mixed food.

Added vitamin D 14 " " " " " " "

Added organic Iron 4 parts per million of Fe₂O₃ in mixed food.

THE ADDITION OF COD-LIVER OIL EMULSION IS NOT NECESSARY.

TO GRADE FROM "VI-LACTOGEN" TO STANDARD "LACTOGEN."

The change-over from "Vi-Lactogen" to "Lactogen" is usually made at 4½ to 5½ months, but if thought necessary it can be made either at an earlier or a later date, and the following simple rule is useful:—

Substitute 1 tablespoonful and ½ a teaspoonful of "Lactogen" for each tablespoonful of "Vi-Lactogen" at weekly intervals, until after the fourth week full strength "Lactogen" is being fed, and then use the "Lactogen" Feeding Table. This gradually increases the protein percentage from 2.1 in the "Vi-Lactogen," by 0.3 per cent. each week until the figure of 3.1 per cent. for full strength "Lactogen" is attained.

"LACTOGEN" FEEDING TABLE

"Lactogen" contains added Vitamins A and D and a small amount of organic Iron.

Based on MEDICINAL Teaspoons and Tablespoons. Household spoons should not be used. Ask our nearest Office for free "Lactogen" Measure and copy of "The 'Lactogen' Mother Book."

PRESS POWDER FIRMLY IN MEASURE WITH KNIFE AND LEVEL OFF

FOR 3-HOURLY FEEDS 6 a.m. to 9.30 p.m. (6 feeds)					
AGE	"LACTOGEN"		WATER Spoonfuls	Makes Fluid Ounces	Cals. per feed
	Level Spoonfuls				
	Table	Tea	Table		
At 1st Week	—	1	2½	1½	19
3rd "	1	& ½	5½	2½	56
5th "	1	& 2	7	4	71
7th "	1	& 3	8	4½	81
2½ Mths.	2	—	9	5	90
3½ "	2	& 2	9½	5½	103
4½ "	2	& 3	10	5½	113
Discontinue night feeding (after 10 p.m.) as soon as possible.					
Try 4-hourly feeding after 2nd month.					

Avoid

abrupt
changes.

Each

week

make

gradual

increases.

FOR 4-HOURLY FEEDS 6 a.m. to 10 p.m. (5 feeds)					
AGE	"LACTOGEN"		WATER Spoonfuls	Makes Fluid Ounces	Cals. per feed
	Level Spoonfuls				
	Table	Tea	Table		
At 1st Week	—	1½	3	1½	22
3rd "	1	& 1	6½	3½	61
5th "	2	—	9	5	90
7th "	2	& 1	10	5½	101
2½ Mths.	2	& 2	10½	5½	111
3½ "	3	—	11	6	123
4½ "	3	& 1	12	6½	133
5½ "	3	& 2	13	7½	144
6½ "	3	& 3	14	7½	154
7½ "	4	—	15	8½	164
9 "	4	& 1	16	9	174

IMPORTANT.—When commencing this food mix all the water with only half the amount of "Lactogen" for first feeds, then gradually increase the amount of "Lactogen" to amount shown.

1 Teaspoonful of Lactose (milk sugar) to be added to each feed for first 10 weeks. If continued after 10 weeks, then reduce the "Lactogen" by one teaspoonful.

MIXING.—Place powder on top of the hot (boiled) water and stir vigorously with a fork until completely dissolved.

As a basis for modification, "Lactogen" can be diluted 2 teaspoonfuls of powder with 1 oz. of water—this mixture contains 20 calories per oz.

Analysis of "Lactogen."

	POWDER	DILUTED*
Fat	24.5	3.2
Protein ..	23.7	3.1
Lactose ..	43.6	5.7
Ash	5.2	.67

Added vitamin A .. 70 International Units per ounce of mixed food, at full strength.

Added vitamin D .. 15

Added organic Iron .. 4 parts per million of Fe₂O₃ in mixed "food", at full strength.

Data of "Lactogen."

1 Medicinal Tablespoon = .29 oz. or 8.1 gm.

1 oz. Avoir. = 3½ Tablespoons.

1 Gram. = 5.05 Calories.

1 Tablespoon = 41 Calories.

WHY WE MAKE TWO INFANT FOODS.

Cows' milk unmodified is not suitable for infants because of its high protein and low sugar. In "Vi-Lactogen" the protein and milk sugar are modified close to breast milk composition. "Lactogen" is modified to intermediate figures. We believe that, for the very young babies, "Vi-Lactogen" is the food to recommend, but if higher protein is indicated, or the baby is weaned at 5 to 6 months, or later, then "Lactogen" should be used and continued during the early years of baby's life. Cod liver oil is unnecessary, as both foods, in addition to the vitamins naturally present in the milk from which they are made, **now contain added Vitamins A and D**, and sufficient added organic Iron to give the average amount present in human milk.

* Full strength.

COMPARE THESE STATEMENTS.

"Lactogen" and "Vi-Lactogen."

Uniform in composition.

The process lowers the curd tension and causes it to form with proteolytic ferments a fine flocculent curd. Protein is proportionately lower than in cows' milk. In "Vi-Lactogen" it is only 2.1 per cent.

Lactose is added, so that "Vi-Lactogen" approximates human milk in composition in this respect.

"Lactogen" contains slightly less lactose.

Pathogenic organisms killed in process of manufacture.

Bacterial counts on dilution are very low (Nestlé Research Laboratory).

Bacterial counts tend to decrease after manufacture.

Fat globules as small as in human milk.

Remains sweet and pure. Only sufficient is mixed for each feed.

Little danger of contamination from outside sources.

Manufactured from milk within a few hours of milking.

"Vi-Lactogen."

The fat present is similar to that of human milk, and is therefore easily digested. Addition of a vitamin concentrate ensures ample vitamin A and D content and avoids the need for a large excess of a foreign fat.

"Vi-Lactogen" is uniform in composition and very similar to average for human milk.

"Vi-Lactogen" is simple in use, as it only requires mixing with hot (boiled) water. Place the powder on top of the water and stir vigorously with a fork.

Cost of feeding on "Vi-Lactogen" is low.

"Vi-Lactogen" is exposed to a shorter heating period during manufacture than in boiling milk under normal household conditions.

Raw Milk.

Butter fat figure in particular is not constant. According to Droop Richmond, variations are—minimum 1.04 per cent., maximum 12.52 per cent.

With rennet it forms a hard clot which is very indigestible, due to greater amount of casein in cows' milk compared with human milk in which albumin predominates.

Has 4.7 per cent. Lactose, while human milk contains an average of 6.6 per cent.

Many epidemics have been traced to raw milk supplies. Bovine type of tubercle bacillus can cause tuberculosis in children.

Public Health reports on milk supplies of cities mention colony counts generally in millions.

Bacterial counts increase with enormous rapidity. "Milk with an initial content of 30,000 per c.c. held at 68° Fahr. may possess 4,000,000 bacteria per c.c. at the end of 24 hours, or 25,000,000,000 at the end of 48 hours."†

Fat globules much larger than in human milk, and therefore less easy to digest by an infant.

Sours easily, unless held in cold storage.

Easily contaminated by flies, dust, dirty jugs, etc.

City milk is frequently 24 to 48 hours old when delivered.

Modified Cows' Milk.

Complete modification requires far more Cod-liver Oil than is necessary to supply vitamins. This excess is liable to upset the infant.

The final analysis of modified milk depends upon the unknown composition of the milk used.

Modified milk requires very careful measurement of milk, Cod-Liver Oil Emulsion, Lactose and of water. This involved method adds to the uncertainty of the composition of the mixture.

Cost is generally higher due to the extras required, even if a low-priced milk is used.

Milk is generally boiled for safety and frequently heated more than once.

† (Pritchard; Physiological Feeding of Infants, page 179.)

WHEN STARTING BABY ON "VI-LACTOGEN"

The following article giving advice to mothers is in the pamphlet included in all tins of "Lactogen" and "Vi-Lactogen."

In the first few weeks of life, baby's digestion has to learn how to function.

A mother should not be over-anxious for a quick increase in weight — perfect digestion is essential first.

If breast milk fails the only alternative is a modified milk food, such as "Vi-Lactogen."

A mother should, if she can, partly feed the baby and only make up the deficiency with "Vi-Lactogen." When this is necessary for a very young baby, the change-over to the new food needs careful handling. The natural food is breast milk and tolerance for the new food has to be established.

Do not change suddenly to the quantities given on the "Vi-Lactogen" tin. These figures are correct for average babies, but only after they have adjusted themselves to the change from breast milk.

NOTE:

1. Never start using any infant food at full strength. Give the full amount of water for baby's age but only half (or even less) the amount of powder shown in the feeding table.
2. Gradually increase the amount of powder up to the figures given. The normal baby can usually reach full strength in one or two weeks, but others may need longer.

It is important, however, to get to full strength without delay, as baby needs this amount of powder for its normal growth.

3. (a) Most babies will show normal progress but if there are signs that baby has difficulty in tolerating the full strength mixture try adding one tablespoonful more of water than the table shows.

Baby will sometimes digest a diluted mixture more readily, provided the volume is not too much to swallow.

- (b) Another temporary alternative is to replace one teaspoonful of "Vi-Lactogen" powder by one teaspoonful of Lactose (milk sugar) until the full strength (without added sugar) can be tolerated.
4. If baby is not showing satisfactory progress ask the advice of your doctor, or telephone or write to the address of our Infant Welfare Room in the State in which you live. The address is given in this pamphlet.

WATER REQUIREMENTS: Do not cut down the amount of water when starting on the food or if baby appears upset. Cut down the powder temporarily but not the quantity of water. Babies need water. Give plenty of boiled water, especially during hot dry months.

"LACTOGEN" FOR THE NURSING MOTHER.

It is undoubted that "Lactogen" has the effect of improving the flow of breast milk in many cases. Attention has been drawn to this fact by doctors closely associated with maternity hospitals, who have tested "Lactogen" in the diet of mothers and expectant mothers.

It is not suggested that "Lactogen" acts as a direct stimulant to the mammary gland. The explanation of its value lies in the fact that it is the simplest way in which an incorrect or inadequate diet can be improved, i.e., by giving to the mother the proper components of human milk in a well-balanced and easily digestible form.

It is the experience of the majority of physicians that many mothers have little or no idea of the correct diet necessary to obtain the best results when breast feeding an infant.

"Lactogen" can be diluted to any desired strength and can be made up so that the prepared food contains considerably more solids than cows' milk, thus avoiding the discomfort caused when the latter is fed in the large quantities necessary to give equivalent nourishment.

In the maternity hospitals referred to above, "Lactogen" is also being used in a variety of ways, such as in the preparation of custards, milk puddings, and other appetising dishes, where its agreeable flavour and ease of assimilation produce the same satisfactory results.

* * * * *

FREE ANALYSES OF HUMAN MILK.

When breast-fed infants are not progressing there is always the possibility that the milk supply is abnormal in composition. Realising the difficulties of obtaining an analysis, we have opened a section of our Laboratory for the analysis of human milk. This service is free to Physicians. We strongly advise taking a sample from the complete contents of the breast if results of value are to be obtained, especially in regard to fat, as the percentage of this constituent increases as the gland empties. If it is difficult to obtain such a sample, we recommend a composite mixture of equal quantities taken at the beginning, middle and end of suckling.

A quantity of 1 oz. is all that is required for a complete analysis. The bulk sample should be thoroughly mixed before filling the sample bottle, and we suggest adding one drop of forty per cent. formalin to the ounce sample as a preservative.

At your request we will be pleased to forward bottles for sampling which will already contain the required amount of formalin. When a complete analysis is not specifically asked for, we will determine the fat percentage and total solids only. Always record your name and address or telephone number to avoid delay in advising you of results.

A complete record of all the analyses made can be seen at our Research Laboratory at any time.

* * * * *

The following interesting figures have been obtained each year from numerous analyses of samples of human milk since the special section of the Nestlé Research Laboratory has been opened:—

	Average 1926-47	Average 1948	Average 1949	Average 1950	Average 1951	Average 1952	Average 1953	Average 1954	Maximum	Minimum
Fat	4.18	3.53	4.00	3.86	3.99	4.16	3.76	3.26	12.75	.21
Lactose	6.72	7.08	7.11	7.02	6.84	7.38	6.58	6.69	11.15	1.01
Protein	1.40	1.28	1.30	1.32	1.25	1.38	1.37	1.51	6.71	.44
Ash23	.20	.21	.21	.22	.21	.21	.25	.50	.11

SPECIAL RECIPES.

"Lactogen" Milk Puddings.—In making the usual cereal puddings, such as cornflour, sago, tapioca, semolina, ground rice, etc., "Lactogen" can be used with advantage to replace ordinary milk. As a general rule, prepare the "Lactogen" in the following strength: Three level household tablespoons to one cup of boiling water.

Malt Soup.—2 tablespoons Maltogen, 1 tablespoon of flour, $4\frac{1}{2}$ tablespoons "Lactogen," 15 ounces water.

Mix the Maltogen, flour and "Lactogen" together. Add sufficient water to make a smooth paste; then add remainder of water and stir. Place in a double boiler and boil for 5 to 10 minutes.

Mutton Broth.—Cover a shank with water; add 1 tablespoon of barley and a pinch of salt. Boil about four hours till meat comes easily from the bone. Strain and set. When cold, remove all fat and warm up. This broth is best made the day before using.

Pritchard's Vegetable and Bone Soup.—Take 1lb. of shin of veal or bone of some other young animal (chicken, lamb, etc.). Chop up so as to expose marrow and simmer gently for about eight hours with $1\frac{1}{2}$ pints of water and 1 tablespoon of malt vinegar, but no salt. Add about $\frac{1}{4}$ lb. of mixed vegetables and again simmer for one hour. Strain, make up to 1 pint, and allow to set into jelly.

(Dr. Eric Pritchard, referring to the uses of this soup in his work, "The Physiological Feeding of Infants and Children," states:—"It can be given to babies of any age . . . For ordinary healthy infants 1 generally order 2 to 4 ounces to be given in the 24 hours.")

Rice, Barley or Oatmeal Jelly.—Two level tablespoons of rice flour or patent barley (in the case of oatmeal jelly, $1\frac{1}{2}$ level tablespoons of oatmeal), 10 ounces of water, pinch of salt.

Mix the rice flour, patent barley or oatmeal with 1 ounce of cold water and add 9 ounces of boiling water. Stir two minutes and place in double boiler. Boil for one to two hours. Strain and keep covered in a cool place.

"Lactogen" Gruel.—Take one teaspoon of oatmeal and sprinkle into a cup of water, and boil 20 minutes to half an hour. (If for a baby under 9 months this must be strained.) Add prepared "Lactogen" to suit taste.

Baked Custard.—One egg, half a pint of prepared "Lactogen," sugar to taste. Beat up the egg, add the "Lactogen," stirring well, pour into a buttered pie dish and bake in a slow oven. A few drops of vanilla or essence of lemon may be added.

Ground Rice Custard.—Ground rice, one egg, half a pint of prepared "Lactogen." Mix one large teaspoonful of ground rice with the "Lactogen." Beat up the egg, and add this to the mixture with a little sugar. Bake in a pie dish in a slow oven.

SUGGESTIONS FOR THE USE OF VARIOUS FOODS IN THE DIET.

The introduction of "educational" feeding will depend on the particular requirements of every individual baby. Whereas one will need added cereal or soup or vegetable puree at as early as three months, others will not require the supplement until six or seven months of age. The chart on this page is offered as one suitable for most babies.

FOOD	AGE	QUANTITY	REMARKS
"VI-LACTOGEN"	All Ages	See feeding table (page xxxii).	When modification is practised by the addition of cod-liver oil or extra lactose "Vi-Lactogen" is indicated as simpler and more satisfactory, as only the addition of water is necessary.
"LACTOGEN"	All Ages	See feeding table (page xxxiii).	"Lactogen" is a safe basic milk diet during all stages of a child's development.
MALTOGEN	All Ages	Add to "Lactogen" or "Vi-Lactogen" $\frac{1}{4}$ to 1 teaspoonful per feed (see table, page xlv, or replace one teaspoonful of the "Lactogen" or "Vi-Lactogen" powder by one teaspoonful of Maltogen.	Maltogen contains all the sugars formed from starch. Therefore, useful in educating the digestive functions of an infant for starch. Of value also as a corrective for constipation and in malnutrition. Contains added Vitamin B ₁ .
ORANGE JUICE	1 Month	Begin with a few drops, increasing to a half teaspoonful by end of a week. Increase to 4 teaspoonfuls daily at 6 months. Usually given at the one time, i.e., 4 p.m.	Strain and dilute with an equal amount of cool boiled water. Given to supply excess of anti-scorbutic vitamin. $\frac{1}{2}$ teaspoonful in 3 to 4 tablespoons of warm, boiled water one hour before feeding tends to prevent constipation. Prepare juice just before using.
RICE JELLY BARLEY " OATMEAL "	4-7 Months	Begin with very small quantities. Usually fed in solid form with diluted "Lactogen" or "Vi-Lactogen."	It is usually advisable to start with barley or rice jelly, as they do not have the same irritating effect as the oatmeal jelly.
MUTTON BROTH VEGETABLE "	4-7 Months	Begin with two teaspoonfuls, increasing to six tablespoonfuls.	Small quantities can be given early. BAKED BREAD CRUMBS can be added to the broth.
EGG YOLK, RAW	5-6 Months	Commence with 3 or 4 drops added to the milk mixture.	Gradually increase to 2 teaspoonfuls.
HOME-MADE RUSKS	6-7 Months	Very small quantity just before or after "Lactogen" feed.	The period to begin depends on the development of the teeth, i.e., when baby has four.
VEGETABLES	6-7 Months	Begin with small quantity added to the broth, and at 8-9 months two tablespoonfuls given separately.	Well mashed and sieved peas, beans, pumpkin, marrow, cauliflower, spinach, carrots. Thicken broth gradually until it is a puree.
APPLE PULP PRUNE PULP	6-7 Months	One teaspoon. Gradually increase quantity to 1 to 2 tablespoons.	Can be given earlier for constipation.
FIRM RIPE APPLE	6-7 Months	Begin with small quantity.	Begin by scraping off with a spoon.
STALE BROWN BREAD AND TOAST	6-7 Months	Begin with small quantity.	Lightly spread with butter, dripping, seedless jam, honey, treacle, or yeast extracts.
DRY CRUSTS OF BREAD	6-9 Months	Only very small quantity is actually eaten.	Give usually just before "Lactogen" bottle; may be slightly buttered. Do not leave baby alone with crust.
"LACTOGEN" CEREAL PUDDINGS	7-10 Months	Two ounces, 1 meal per day, made from sago or rice.	Very small quantities can be given as early as the 7th or 8th month to inculcate starch digestion.
COCOA	15 Months	Weak—as a flavouring.	Made with "Lactogen."

The "Lactogen" and "Vi-Lactogen" Mother Book which we give to mothers contains additional suggestions.

N.B.—Mothers are apt to overfeed when commencing with starchy foods. It cannot be over-emphasised that only very small amounts of supplementary foods should be added, except towards the end of the first year.

NESTOGEN.

A Half Cream Infants' Food

Percentage Composition*

Total Solids	Fat	Protein	Ash	Lactose	Malto-Dextrin	Sucrose	Vit. A. I.U. per oz.	Vit. D. I.U. per oz.	Organic Iron mg. per oz.	Calories 1 med. table- spoon	Wt. in ozs. 1 med. table- spoon
96.7	12.0	20.0	4.7	30.0	15.0	15.0	425	91	1.50	40	.31
10.57†	1.38	2.30	.54	3.45	1.72	1.72					

Nestogen is a spray dried half cream food, prepared especially for use under medical direction. Nestogen will be found particularly useful for infants who have shown signs of fat intolerance or dyspepsia and for weak or premature babies. Some infants find difficulty in digesting the full amount of fat in the recognised formulæ.

The medical profession will find that even normal infants can be weaned more easily by using Nestogen in the initial stages.

Nestogen is a food for specialized use and it will be noted that we recommend on the label it should be used under medical advice. The label also states it is "unsuitable for infants under six months, except under medical direction". This statement is required by law, because the fat percentage present will not conform to standards laid down in the Food and Drug Regulations of the different States, for an infant food.

It will be noted that the carbohydrates, other than lactose, are malto-dextrin and sucrose. Infants can assimilate, without digestive upsets, a higher percentage of carbohydrate if composed of a number of sugars instead of a single sugar only. Mixed sugars are less readily fermented and, in particular, the presence of a polysaccharide such as Dextrin is advantageous as it is slowly but completely digested, and is less readily fermented.

Owing to the reduction in fat in Nestogen, the vitamins A. and D. of natural origin are proportionately reduced. It is important to note, therefore, that each ounce of Nestogen has been fortified by 425 International Units vitamin A. and 91 International Units vitamin D.

"NESTOGEN" FEEDING TABLE.

Based on Medicinal tablespoons — household spoons should not be used.
PRESS POWDER FIRMLY IN MEASURE WITH KNIFE AND LEVEL OFF.

Age	NESTOGEN level Tablespoonfuls	Boiled Water Tablespoonfuls	Makes Fl. oz.	Feeds per day	Calories per feed
1st week	$\frac{1}{2}$	$2\frac{1}{2}$	$1\frac{1}{2}$	6	20
3rd "	$1\frac{1}{4}$	$6\frac{1}{2}$	$3\frac{1}{2}$	6	50
5th "	$1\frac{3}{4}$	8	$4\frac{1}{2}$	6	70
7th "	$2\frac{1}{4}$	10	$5\frac{1}{2}$	5	90
$2\frac{1}{2}$ months	$2\frac{1}{2}$	11	6	5	100
$3\frac{1}{2}$ "	$2\frac{3}{4}$	12	$6\frac{3}{4}$	5	110
$4\frac{1}{2}$ "	3	13	$7\frac{1}{2}$	5	120
$5\frac{1}{2}$ "	$3\frac{1}{4}$	14	$7\frac{3}{4}$	5	130
$6\frac{1}{2}$ "	$3\frac{1}{2}$	15	$8\frac{1}{2}$	5	140
$7\frac{1}{2}$ "	$3\frac{3}{4}$	16	9	5	150
9 "	4	17	$9\frac{1}{2}$	5	160

IMPORTANT.—When commencing to use this food mix all the water with only half or even less the amount of NESTOGEN for first feed, then gradually increase to the amount of NESTOGEN recommended for the infant's age.

The feeding table is based on the caloric requirements of an average infant and is given as a guide. It can be adjusted to the special need of the infant.

* Nestlé Research Laboratory.

† Dilution recommended at 1 month.

MILO.

A Fortified Tonic Food.

Percentage Composition:*

Fat	Protein	Carbohydrate	Mineral Salts	Moisture	Wt. Oz. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
11.7	12.7	68.0	4.6	3.0	.25	31.0

Milo—Fortified Tonic Food—prepared by the Nestlé Company, is the outcome of prolonged research and investigation. The composition was determined from the results of numerous biological trials and, moreover, was approved by several distinguished dietitians before being finally adopted.

Milo is a concentrated tonic food prepared from Milk with Malted Cereals and Cocoa, fortified by the addition of vitamin concentrates organic Phosphates and important mineral salts—including Calcium, Magnesium, Iron, Sodium.

It is now generally accepted that many modern diets are seriously deficient in certain minerals and that such deficiencies are not only conducive to faulty metabolism but may even, in some instances, ultimately lead to specific disease. Milo is, therefore, enriched with balanced amounts of those mineral constituents which are so essential to the human organism—especially as regards the nervous system.

These elements are added in those particular combinations which can be readily utilised; for example, iron is furnished as the easily assimilated ferri et ammonii citras, whilst an adequate phosphorus allowance is provided in the form of glycerophosphates—which can be rapidly absorbed.

The addition to Milo of magnesium is of particular clinical interest, as it is now known that this element is a constituent of all living cells. Professor Delbet of Paris has submitted evidence of his contention that certain pathological conditions are attributable to magnesium deficiency which he considers arises from a gradual decrease in the amount provided by ordinary foodstuffs.

The nerve cells in particular call for appreciable amounts of magnesium, so that Milo—on account of its richness in magnesium—is a definite fortifier of the nervous system.

Milo also furnishes a generous vitamin allowance; not only are the vitamins of the original grain and milk carefully retained, but the incorporation of cereal germ, a rich, natural source of B₁, and also of yeast, provide additional quantities of the B factors. Moreover, the product is supplemented by the addition of concentrates which supply vitamins A and D in natural ratio, without impairing the taste, odour or digestibility of the Food.

Milo, when packed, contains not less than the following amounts of vitamins and minerals:—

Vitamin A	500	International Units per ounce
Vitamin B ₁	50	" " "
Vitamin D	100	" " "
Calcium as Ca O	0.65	per cent.
Magnesium as Mg O	0.26	" "
Iron as Fe ₂ O ₃	0.02	" "
Phosphorus as P ₂ O ₅	1.30	" "

Indications for Use.

Nervous Disorders. Milo has been specially designed as an anti-neuritic tonic food, and is invaluable in cases of neurasthenia, nervous debility and insomnia. Its B₁ content is of special interest.

* Nestlé Research Laboratory.

Pregnancy. Milo is of particular value during pregnancy, as — apart from its general nutritive properties — it increases the calcium-phosphorus intake, and thus avoids depletion of the maternal skeleton, due to the foetal demand.

Nursing Mothers. As Milo is a complete food, it offers the supplementary nourishment required during this period; in addition the mineral and vitamin contents are of value—not only in maintaining the general health of the mother—but also in protecting against possible deficiencies in the infant.

Senility. Milo can be included with advantage in the dietary of the aged; it is easily digested and contains an ample supply of magnesium, an element frequently indicated owing to disturbances in the calcium-magnesium balance caused by advancing age.

Convalescents, Post-operative Cases, etc. In all cases where an easily digested tonic food is indicated, Milo may be prescribed with every confidence.

Milo has excellent keeping qualities and is extremely convenient in use; it is taken in either hot or cold milk as desired. A simple way to include Milo in the diet is to recommend its use in place of cane sugar on cereals and puddings.

STERILISED CREAM.

Percentage Composition:*

Water	Fat	Solids— not fat	Cane Sugar	Wt. ozs. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
68.0	25.5	6.550	38.0

Sterilised Cream is manufactured in a similar way to Ideal Milk except that concentration is not required. Although absolutely free from preservative, Nestlé's Sterilised Cream will keep indefinitely in the unopened state.

Cream, on account of its high percentage of butter fat, is rich in vitamins A and D, and according to authorities the method of manufacture we use does not appreciably affect these vitamins.

NESTLÉ'S AND GOLD MEDAL CONDENSED MILK.

Percentage Composition:*

Water	Fat	Protein	Lactose	Ash	Cane Sugar	Wt. ozs. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
25.5	9.2	9.0	11.8	2.0	42.5	.67	65.5

In the manufacture of high-grade condensed milk the quality of the fresh milk used is of the utmost importance. We apply to all our products the same strict control throughout as outlined in the notes we have given on the manufacture of "Vi-Lactogen."

In the process of manufacture of condensed milk the fresh milk is pasteurized and then drawn by suction into large vacuum pans with a holding capacity of many tons of condensed milk. Sterilised sugar solution is drawn into the pan during evaporation of the milk.

By reducing the pressure with vacuum pumps rapid ebullition in the milk at low temperature results and concentration takes place until the original 87 per cent. of water in the fresh milk is reduced to 25.5 per cent. The vacuum is broken, and the condensed milk is pumped to the cooling equipment, and finally to the filling and packing machines.

The low temperature of evaporation and the absence of oxygen are, no doubt, responsible for the fact that in high-grade condensed milks the vitamins **A**, **B**, and **C**, also **D** and **E** are practically unaffected by the process of manufacture.

As the condensed milk has never reached temperatures higher than pasteurization, it is not an absolutely sterile article in the strict sense of the word, **but it is free from pathogenic organisms.** Owing to the quality of the fresh milk used, and the scrupulous hygiene of our factories, our Research Laboratories frequently record colony counts of less than 17 organisms per gramme.

This figure is the more striking when compared with Public Health reports on city milk supplies.

Nestlé's Condensed Milk has long been recognised as an extremely useful food for premature infants; also children suffering from gastric disturbances show a marked tolerance for it when other foods have failed. Its freedom from pathogenic organisms makes it a safe food during hot weather.

A recommended method for premature infants when breast milk is not available is to begin by using 1 part of condensed milk by volume with 11 parts of boiled water. For example, one half medicinal tablespoonful of condensed milk (2 teaspoonfuls) plus 5½ medicinal tablespoonfuls of water gives 6 tablespoonfuls of mixture or 3 fluid ounces—caloric value approximately 11 per ounce.

Then gradually increase strength to 1 part of condensed milk by volume with 7 parts of boiled water. For example, one medicinal tablespoonful of condensed milk plus 7 medicinal tablespoonfuls of water gives 8 tablespoonfuls of mixture or 4 fluid ounces—caloric value approximately 16 per ounce.

The composition of this full strength mixture is approximately 1.5% protein, 1.48% fat, 8.7% carbo-hydrate (2.2% lactose, 6.5% cane sugar).

The total water intake required daily for prematures is about 3 ounces per pound body weight. An adequate intake of water is important.

When used as the sole diet of an infant care should be taken to see that the vitamin A and D intake is adequate as the fat percentage is comparatively low, with a consequent decrease in vitamins **A** and **D**.

Directions for Preparing Nestlé's and Gold Medal Condensed Milk for Infants:

Age	Condensed Milk Medicinal Spoons Table	Boiled Water Medicinal Table- spoons	Calories per Feed	Remarks.
At 1st week	—	1	2	16
" 2nd "	—	2	4	33
" 3rd "	—	3	6	49
" 4th "	1	—	7	65
" 6th "	1	1	9	81
" 2½ months	1	2	10½	98
" 4½ "	1	3	12½	114
" 6 "	2	—	14	131

This table is based on 1 part of Condensed Milk to 7 parts of water, for six 3-hourly feeds at 6 a.m., 9 a.m., 12 noon, 3 p.m., 6 p.m., and 9 p.m.
For 4-hourly feeds add one-fifth more of Condensed Milk and of water to each feed.
To use household tea and tablespoons, take two-thirds of the medicinal measurements.
It is best to use medicinal measures, as household spoons vary in size.

General Conclusions.

Contained in a report by the Laboratories of the Royal Institute of Public Health, London.*

1. The milk used in the preparation of Nestlé's Full Cream Condensed Milk is obtained under the most satisfactory conditions of supervision.
2. The processes of manufacture are carried out under the best hygienic conditions.
3. The chemical results show the condensed milk to be of good quality.
4. The bacteriological results show that the processes adopted are effective in the reduction and destruction of bacteria.
5. No evidence was obtained of the presence of the tubercle bacillus.
6. Evidence of the preservation of the vitamin contents was confirmed.

* This report deals with investigations and conditions obtaining at one of our English Condenseries, but the methods of condensing and care exercised there apply equally to all factories controlled by the Company throughout the world.

IDEAL MILK—(UNSWEETENED).

Percentage Composition:

Water	Fat	Protein	Lactose	Ash	Cane Sugar	Wt. ozs. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
§§ 71.8	8.2	7.9	10.4	1.7	..	.54	23.2
** ..	3.8	3.7	4.9	.7	10.3

In the manufacture of Ideal Milk, laboratory methods of sterilisation under pressure are adapted to industrial conditions. Great care and scientific control are necessary both in the preparation and sterilisation of the milk.

Without any addition, the milk is concentrated to a definite analysis in the vacuum pan and homogenized to split up the butter fat globules and effect satisfactory emulsification when diluted. It is then filled into tins and hermetically sealed. The filled tins are autoclaved, being subjected to sterilising temperatures for a period of about a quarter of an hour. By this means every organism in the milk is killed; therefore, the product will keep indefinitely while sealed. After opening, as no preservative is present, the milk will sour in the same way as fresh milk, and in warm weather it should be kept on ice if not used immediately.

Ideal Milk when diluted provides a useful substitute for fresh milk for all general purposes. Of all forms of cows' milk, unsweetened milk is perhaps the least allergic. In practically every case of true milk allergy, unsweetened milk is well tolerated. ("J. Pediat.," May, 1940).

NESTLÉ'S MALTED MILK.

Vitamin "B₁" is now added to Nestlé's Malted Milk.

Percentage Composition:

Water	Fat	Protein	Lactose	Ash	Cane Sugar	Malt Sugars	Starch	Vitamin B ₁ Int. Units per oz.	Wt. oz. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
† 3.0	9.4	12.9	12.0	2.7	..	60.0	..	150	.31	38.0
‡ ..	1.1	1.2	1.2	.26	..	5.8	..	14	..	5.7

Nestlé's Malted Milk is made by drying a combination of whole milk with an extract of malted barley and wheat flour, the ratio of malt solids to milk solids being 2 to 1, the whole of the starch being completely converted by diastatic action into soluble malt carbohydrates.

The final process is an interesting one, as the whole of the desiccation to powder takes place under vacuum.

While we do not recommend Nestlé's Malted Milk for routine infant feeding, nevertheless it is useful in special cases, as generally speaking tolerance for maltose is greater than for either lactose or cane sugar. The following feeding table has been found useful.

Based on level, not heaped, medicinal tablespoons.

(1 Tablespoon = 4 Medicinal Teaspoons Malted Milk
= $\frac{1}{2}$ fluid ounce of water).

Age	Malted Milk Med. Tablespoon	Water Med. Tablespoon
1st month	$\frac{1}{4}$ to $\frac{3}{4}$	3 to 5
2nd "	1 $\frac{1}{4}$	7
3rd "	2 $\frac{1}{4}$	9
4th "	2 $\frac{3}{4}$	12
5th "	3 $\frac{1}{4}$	15
6th "	3 $\frac{3}{4}$	16

§§ Concentrated.
† Dry.

** Diluted, 1 fluid oz. to 1 $\frac{1}{4}$ water.
‡ Diluted, 1 $\frac{1}{4}$ Med. Tablespoons to 4 oz. water.

The table is based on three-hourly feeding intervals allowing for one night feed during first month.

Times of feeding recommended:—6 a.m., 9 a.m., Noon, 3 p.m., 6.30 p.m., 9.30 p.m.

After 6 months, the quantities given should be increased gradually in the proportion of 1 tablespoon of Malted Milk to 4 tablespoons of water, i.e., if giving 5 tablespoons of Malted Milk, 20 tablespoons of water would be required.

Nestlé's Malted Milk is of value when low fat and protein, together with replacement of cane sugar, becomes necessary, and further, owing to the method of preparation, the vitamins of the milk and cereals are retained. When used for a prolonged period for infant feeding the supplementing of accessory food factors A and D is desirable, especially as the milk constituents are comparatively low when the product is diluted for use.

In recent years a great deal of scientific work has been carried out on the physiological effects of vitamins on human health and nutrition, which may be summarised as follows:—

Shortage of Vitamin B₁.—A shortage of Vitamin B₁, known as the anti-neuritic, growth-promoting vitamin, has been proved to cause very serious disorders. While extreme shortage which causes beri-beri and associated diseases is rarely encountered in this country, there is no doubt that modern diet and the refining of cereals can result in a lowering of the B₁ intake to dangerous levels. This has brought about in many individuals a condition of chronic deficiency.

The indigent, and those who, from idiosyncrasy eat poorly balanced diets, and food faddists, frequently seriously reduce Vitamin B₁ intake. Patients suffering from organic disease often have little appetite, or dietary restriction may limit intake, while gastro-intestinal disturbances can also impair absorption.

Finally, the B₁ requirement is greatly increased by augmented metabolic processes in febrile conditions, hyper-thyroidism, intense muscular exertion and during pregnancy and lactation.

Scientific Opinions.—Well-known scientists claim that many disorders of modern life, loss of appetite, constipation, nervous and alimentary diseases can be traced to a border-line intake of Vitamin B₁. These are dietetic troubles which do not necessarily incapacitate, but which lower the general tone and cause mental and physical fatigue. Many go further and state that shortage of Vitamin B₁ is the most serious feature of present-day diet.

Adequate Intake Essential.—Vitamin B₁ cannot be stored for any length of time in the body. There is no appreciable reserve to be drawn on and, therefore, it is essential that the daily intake be adequate.

Modern refining of flour removes the germ of wheat because of its ill effect on the keeping quality and colour of the flour, also statistics have proven that much less flour is eaten now than formerly. Previously the body could rely on the wheat germ in flour for a reasonable B₁ intake, but it must now obtain the necessary B₁ units from other sources.

Nestlé's Malted Milk is now fortified with Vitamin B₁.—Nestlé's Malted Milk, which has always been prepared from barley malt and other cereals containing the valuable germ, has now been fortified with additional Vitamin B₁ from the richest natural sources. This means that other

associated vitamins are also added; i.e., A, B₂ and E, and valuable organic phosphates of Calcium and Magnesium.

Nestlé's Malted Milk is not only a nourishing forly useful in invalid diet, in typhoid, pneumonia, and post-operative cases, where easy digestion and rapid assimilation are essential.

Nestlé's Malted Milk is not only a nourishing food drink, but, as the result of this new development, has definite tonic and invigorating properties due to this increase in its Vitamin B potency.

MALTOGEN.

Malt Sugars with Vitamin B₁ for Infants and Adults.

Percentage Composition:*

Water	Fat	Protein	Lactose	Ash	Cane Sugar	Malt Sugars	Vitamin B ₁ Int. Units per oz.	Wt. oz. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
3.0	...	5.6	...	1.4	...	90.0	140	.25	28.0

Maltogen is a dried extract prepared by the enzymic action of malt diastase on barley malt and other cereals. Not only are the natural vitamins and mineral salts retained, but these are fortified still further by cereal germ extract, rich in Vitamin B.

Maltogen contains 90 per cent. of maltose and malto-dextrins, carbohydrates which are formed in the natural process of digestion of starch.

These sugars are especially valuable in the modification of milk or "Lactogen" for infant feeding. Maltogen is ideal for premature, weak and under-nourished babies.

Maltogen is also useful where a high or mixed carbohydrate diet is indicated, as malt sugars are less liable to fermentation or to cause the development of acidosis. They are readily absorbed and better tolerated than other sugars.

Maltogen corrects constipation. It improves appetite and growth owing to its richness in Vitamin B₁ (the anti-neuritic vitamin). Many infants and children show remarkable improvement when foods rich in Vitamin B are added to the diet.

Maltogen is valuable not only for modification of infant diet, but as a supplementary sugar for young children, nursing mothers, and adults on limited diets. A simple way to include Maltogen in the diet is to use it on cereals and puddings in place of cane sugar.

The following table will prove of use in prescribing the addition of this food to "Lactogen" or milk:

MALTOGEN	Diluted "LACTOGEN"	Increase in Carbohydrate
	2 fluid oz.	2.5%
	3 "	1.7%
	4 "	1.3%
	5 "	1.1%
	6 "	.9%
	7 "	.8%
	8 "	.7%
	10 "	.6%
1 medicinal tea- spoonful dissolved in diluted "Lacto- gen," as shown in next column.		

* Nestlé Research Laboratory.

SUNSHINE FULL CREAM POWDERED MILK.

Percentage Composition:*

Water	Fat	Protein	Lactose	Ash	Wt. oz. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
2.5	26.3	28.0	38.0	5.2	.28	41

Sunshine Full Cream Powdered Milk is simply fluid milk from which, after pasteurizing, the water has been removed by the most modern method of spray drying.

This drying process is such that the essential vitamins and the fresh milk flavour are retained to a remarkable degree.

It is readily soluble and when mixed in correct proportions with water reconstitutes into a milk of excellent flavour. When additional nourishment is necessary, Sunshine Full Cream Powder may be made up at milk solids concentrations in excess of those in liquid milk.

3½ medicinal tablespoonfuls pressed and level equal 1-oz. of Powder. 3-ozs. mixed with 18½ fluid ozs. of water to make slightly more than a pint of normal milk containing 3.5% of butterfat.

There is no safer or better milk supply for young growing children, and for all household requirements.

NESTLÉ'S MILK CHOCOLATE.

Nestlé's Milk Chocolate supplies, in a concentrated form, the solid constituents of full-cream milk, finely ground cocoa bean and sugar, and is thus a most valuable supplement to the diet in those cases where extra nourishment is required. It is prepared in Australia under strict hygienic methods.

NESCAFÉ.

Nescafé is a Pure Coffee Extract in powder form made by an exclusive process from selected coffee beans.

Nescafé dissolves instantly in hot water or milk; even in cold water or milk it dissolves rapidly and completely, leaving no grounds.

NESTLÉ'S SOUPS.

A range of easily prepared pre-cooked soups are now available in small packets in the dry form.

Made under strict supervision they will be found useful in invalid and convalescent diets.

* Nestlé Research Laboratory.

CALENDAR, 1956

January.							February.							March.						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	1	2	3	4	5	6
8	9	10	11	12	13	14	5	6	7	8	9	10	4	5	6	7	8	9
15	16	17	18	19	20	21	12	13	14	15	16	17	11	12	13	14	15	16
22	23	24	25	26	27	28	19	20	21	22	23	24	18	19	20	21	22	23
29	30	31	26	27	28	29	25	26	27	28	29	30
April.							May.							June.						
1	2	3	4	5	6	7	1	2	3	4	5	6	1	2	3	4	5	6
8	9	10	11	12	13	14	6	7	8	9	10	11	3	4	5	6	7	8
15	16	17	18	19	20	21	13	14	15	16	17	18	10	11	12	13	14	15
22	23	24	25	26	27	28	20	21	22	23	24	25	17	18	19	20	21	22
29	30	27	28	29	30	31	24	25	26	27	28	29
July.							August.							September.						
1	2	3	4	5	6	7	1	2	3	4	5	6	1	2	3	4	5	6
8	9	10	11	12	13	14	5	6	7	8	9	10	2	3	4	5	6	7
15	16	17	18	19	20	21	12	13	14	15	16	17	9	10	11	12	13	14
22	23	24	25	26	27	28	19	20	21	22	23	24	16	17	18	19	20	21
29	30	31	26	27	28	29	30	31	23	24	25	26	27	28
October.							November.							December.						
1	2	3	4	5	6	7	1	2	3	4	5	6	1	2	3	4	5	6
8	9	10	11	12	13	14	5	6	7	8	9	10	2	3	4	5	6	7
15	16	17	18	19	20	21	12	13	14	15	16	17	9	10	11	12	13	14
22	23	24	25	26	27	28	19	20	21	22	23	24	16	17	18	19	20	21
29	30	31	25	26	27	28	29	30	23	24	25	26	27	28
														30						
														31						

To obtain probable confinement date, find in the upper line the date of first day of last Menstruation.
The date immediately below is that on which baby is expected.

xlvii.

OBSTETRIC ENGAGEMENTS

[illegible]

OBSTETRIC ENGAGEMENTS

[illegible]

OBSTETRIC ENGAGEMENTS

[illegible]

OBSTETRIC ENGAGEMENTS

[illegible]

JANUARY, 1955

APPOINTMENTS

MEMORANDA

NOTES FROM 1954

SAT., JAN. 1st
New Year's Day

JANUARY, 1955

APPOINTMENTS

SUNDAY, JAN. 2nd

Professional

Private

MEMORANDA

SPECIAL NOTES FOR THE WEEK

Milo—a valuable food for expectant mothers.

JANUARY, 1955

MONDAY, JAN. 3rd

Professional

Private

TUESDAY, JAN. 4th

When Maltose and Malto-dextrin are indicated prescribe "Maltogen."

JANUARY, 1955

APPOINTMENTS

WED., JAN. 5th

Professional

Private

THURS., JAN. 6th

Milo provides mothers with more minerals.

JANUARY, 1955

FRIDAY, JAN. 7th

SAT. JAN. 8th

"Vi-Lactogen" with added Vitamins A and D.

JANUARY, 1955

APPOINTMENTS

SUNDAY, JAN. 9th

Professional

Private

MEMORANDA

SPECIAL NOTES FOR THE WEEK

Milo—a valuable food for expectant mothers.

JANUARY, 1955

APPOINTMENTS

Professional

Private

MONDAY, JAN 10th

TUESDAY, JAN. 11th

"Vi-Lactogen" is free from all pathogenic organisms.

JANUARY, 1955

APPOINTMENTS

WED. JAN. 12th

Professional

Private

THURS., JAN. 13th

Sufficient organic iron now added to "Lactogen" and "Vi-Lactogen."

APPOINTMENTS

APPOINTMENTS

JANUARY, 1955

APPOINTMENTS

SUNDAY, JAN. 16th

Professional

Private

MEMORANDA

SPECIAL NOTES FOR THE WEEK

"Vi-Lactogen" does not need the addition of Emulsion or Lactose.

JANUARY, 1955

APPOINTMENTS

MONDAY, JAN. 17th

Professional

Private

TUESDAY, JAN. 18th

APPOINTMENTS

APPOINTMENTS

	Professional	Private
1. General Information		
2. Professional Information		
3. Private Information		
4. Other Information		

Professional

Private

THURS., JAN. 20th

JANUARY, 1955

APPOINTMENTS

FRIDAY, JAN. 21st

Professional

Private

SAT., JAN. 22nd

Nestlé's Malted Milk is recommended for post-operative cases.

JANUARY, 1955

APPOINTMENTS

SUNDAY, JAN. 23rd

Professional

Private

MEMORANDA

SPECIAL NOTES FOR THE WEEK

"Lactogen" is recommended for Nursing Mothers.

Private

TUESDAY, JAN. 25th

15

JANUARY, 1955

Witten

30.1.55.

APPOINTMENTS

WED., JAN. 26th

Anniversary Foundation of Aust., 1788

ERORO

Professional

Private

Usual morning. A-N + much. Got in about 1/2 hour on plane at 12 P.M. Gini of Boro came in - a large mass in R.I.F. + beginning gen. peritonitis. W good + ad-operative. He was interrupted at 11/2 hr from camp. The usual hustle + started to operate at 5.15. Finished about 8.30. A lot of feces found in abd + I drained that + missed abscess - actually missed caecum as it drained faeces. Pula had an epididymitis, + rotten the night. No Schwann for 11. Gave him rectal + subcut. saline. Bed 2.30-5.30. Some tension in Gini about staying up but it resolved.

THURS., JAN. 27th

Looked at Gini 5.30, got up again 6.30 + helped J. sponge him + set him up. Was a bit improved but Pula hard to get. Did inspection + jogged along. We had a bit of a sleep after lunch then the boy called us. When we got there Gini was dead. Alas! Boat bell at 3. Then we got up + stores 6.45. Some pk, including serpens for mukawa who was teacher at Vengari, + the famers Etheldreda now married Teacher Wellington lost his wife in childbirth + brought the prem up. No go to Lake. No white passengers. No letter from Alwin. Working till 11 P.M. Gini had diarrhoea, stools O.K. + she too knocked to go to Pop. Lancelot came back. Got letter from IN at 6 P.M. He went to Pop A.M. to get a job. Too much persecution.

JANUARY, 1955

APPOINTMENTS

Professional

Private

FRIDAY, JAN. 28th

To tried for mass. Burns went for 3.2 holidays. I was well & a kind of Vesta housekeeping. Shd. expected. Got through Prep. job & said I wanted to spend the whole day on T.B. Has plan. Fran said before lunch she wanted to open Sandringham boxes, wh. were addressed to her but we have always done them together. However she opened them instead of reaching when she came to rest I got up to work on plan. She trying to speak but didn't. Then asked me to go & see them. I hot up & I on-track mind on plans said I wd. see them tomorrow. She said she couldn't leave them out till tomorrow so I had a queer look since they strained relation. all as silly but we are so tired. I'm a congested police - waiting for lunch. I got over it day 5, but she's not over it yet. Letter from Gave at 5 to say Lybester to go on Shd. I didn't get my plan done [to Sunday 30th]

SAT., JAN. 29th

I on duty. Meant to go to Church but heard no bells through the rain. The bus didn't get away till 9.10. + D meant to go to Beaune to have a piece of Felix but left it to Stanner or F. Copland I like the Bells. A good day in Prep. joggling along. Mr. Gray arrived at 5.15 for the week-end. Lancelot came to me at 8.30, he wants to marry Phoebe, but wants to wait till his back is fixed. Phoebe's 2nd father object. Also said the Govt. sent away the trader who wanted to buy his land. I challenged him about the stealing: he told me what he had previously told Lester: I told me when questioned. He took a blanket, kept it for a day then put it back in the prison cupboard. Couldn't find it there now. Took a towel but put it back immediately in the drawer (not there now.)

"Vi-Lactogen" - the "humanised" Infants' Food.

17

N. apparently persuaded him to take it to a time when he had talked to him about his stealing. We prayed together & I hope the matter is cleared.

APPOINTMENTS

SUNDAY, JAN. 30th

E R O R O

Professional

Private

We put our watches back 2 hours tonight. I think it is a bit silly but can't be bothered arguing everyone - Jean most marked by. Most a small degree - argues everything I say which I suppose must mean that I am aggressive or something. Any way Jean has thrown a fit today. She's had a high fever. I had a "day off" quit a long one. Slept till nearly 7, Mass went on till 9:15. The Copland friends or gift-bearing - first seminar with the Beames - I don't think a single one was there! Work this p. worked on TBH till 5 PM. It is ready for posting project to. Tonight got a letter written by Helen, that all Lancelot can about his marriage. Barnes to be read. Mrs K. can this morning, thank heaven. That's her hanging round.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

but got on to St. L. mail. St. L. came at 8 PM. + D. the Bells, he to be ADO Lufi. Letter from + P about relieving Name for leave, also suggested IN come back on probation. Showed + P's. I.M.'s letter to + D. who is trying to find IN + P's or M.S. I send him back, bless him. + D. had mislaid application forms for TBH. I would look for them. Say Ken Law can help. Gave a lecture. A long talk. Then after their dinner then general talk till 11:30. The St. Agnes dedication, reunion went off very well. Henry Warren wants to be a priest. + P to the "litter" to bed with a couple of letters.

JANUARY, 1955

APPOINTMENTS

MONDAY, JAN. 31st

Obs. as Australia Day

Written 2.2.55

Professional

Private

School children back & a great activity of organ. culty. Levin began work. Maggie & P. then expected. I was over gratefully. At 11.30 did order for Samarai. P.M. writing letters in the evening. Wrote to Bish, & it took some thinking out. Jan brought over supper quite amiable. She was writing letters in desk at 11 P.M. when that wretched Gandari sprang a beast haemorrhage. Donald Gill helped well. Every time I tried to grab the bleeding vessel much came away with the ffs. Got him to theahe & Murphy & finally got haemostasis. Bed 1 P.M. Shimmer went in St. L. to bring Jim back. Got a carrier over letter from Alvin.

FEBRUARY, 1955

TUESDAY, FEB. 1st

Up to mass of Purification Tuesday early & very late starting. B fast late. O.P. Alfred turned up & I saw him - gave the Bf's message. He had not seen + D. Volunteered for P.I.R. & Morris. He was in ill next month. Morris did not want to go to Saiko, so they came home. On such little things the course of our lives depend. If he had gone the Moresby he wd. never have married Lucy. He & I got his marriage over & then start work. Writing letters Boud bell 2.15 but finish not her bell 3.30. Reader of new patients & Betty came. Admitted steadily. Wrote letter bell P.M.

FEBRUARY, 1955

APPOINTMENTS

WED., FEB. 2nd.

ERORO

Professional

Private

Jean called in at 6:15 to say Shuman just leaving in mail. He hadn't asked Gray for file of learning so I sent a message. A fine ruffled busy morning. Jean got on to an belaying in Betty's help, because Betty knows Felix is bigger than I had feared. Betty and I came in. Betty & Jean got away on her after lunch. Sat. & today extremely hot. Busy afternoon, made new pick. Tonight busy. Just writing this when called. Zeila Marjorie had taken Dennis out - a little. I think got a morphine ready. John B. I went to meet her. Condition good. All over a grand. She took Raphie's beads. I took her & end them up. Love the people a pep talk on administering sea-water. New 11 PM.

THURS., FEB. 3rd

A good day but strikingly hot & I. everything very tired. Fine taking it out on poor little Margaret up at 6 & weighed babies. Got O.P. inspection done by 10:40. Lined LA on Lancelot's back - no good? Jean New Mission just started. Mr Gray got in for morning tea. His tractor is broken. He was mending it. P.M. heard Ray's lessons then got some cards done. Finished Raph by 8:15. Tonight read up LA & to bed. Wanted to acquire rodent index for Managla man. He unwillingly consented, then ran away. I wasn't enjoying the prospect, but his program is quick.

APPOINTMENTS

Professional

Private

FRIDAY, FEB. 4th

Up at 6, got to Mass - 7. Copland does read Nohr well. It is a pleasure to hear him. Busy morning, in came among alcoholics again. I could have crowned him. Mercifully he is not as bad as before - restless but sleeping. Got him to bed. Mrs. S. brought him a mail - almost nothing for me. I could smoke. Inspection, the boys did several ops, Luban 2 aspirations. Elford came to be married on Monday & start work Monday week. P.M. odd jobs, nagged E'sand, did some cards. Tom's staying the night. Bruce brought a message that Cecilia took a minor was worried & angry, but didn't really think it was serious. Finally saw her at about 7:15! I called her. Matrimonial troubles this time. Did some writing, supper at Hyde Park. Now 10:15. Jim offered to do weekend housekeeping, praise be.

SAT., FEB. 5th

No Jan, no plans, but the Betty Anne put off a big mail that should have come off a day ago. Letter from the Allan & radio wh. I got answered tonight. Mrs. Green is dead, poor F. Walter! Nohr only read 4 letters & few. Busy day but got ahead well. David arrived at morning tea & was all over & allergic & is miserable. Admitted the first time I've had 2 white fl. in dim. dim. work. However both are easy. Tommy improved today. Just popped all day & no offer with slow. Was called last night at 11, again at 4:30 & read till late. It hurt & my pulse beat along each night - maybe heat. Am thankful Jim is doing housekeeping. Mrs. Throat up again & she brought the mail.

FEBRUARY, 1955

APPOINTMENTS

SUNDAY, FEB. 6th

ERROR.

Professional

Private

A good day but little time for other than immediate job. Ref. at 1:30 to Thomas, Russell whose "feeder" went "mad"!! Kid quite O.K. Also to Elsie - asthma 2nd ref at 6, rained heavily during Ch. Rushed late morning. David much better, Tommy a little better. Hoop up, read some of my letters. Leri came in on a see-around. I had to authorize it. Played the way from Church, punched cards. Tonight started report. Very busy & headachey. Bed 9:30. Glorious moonlight night. I heard some lovely Beethoven.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

Professional

Private

MONDAY, FEB. 7th

Am dreadfully tired. Advis. another visit last night at 11.00, up at 6, fixed Tommy's David, wrapped for Mrs. Bury O.P. a. Snow drove in at about 10.0, she walked in from the ship in a new B kit. Brought another big mail. Bob not in yet. I had a nice letter from Camille W. from much better, quite refreshed. W. finished up. got the safe job. P.M. kept popping. I got almost no desk work done. David went home, which better. Tommy much improved. From trying to organize a reconciliation bet. David & me, but he dodged it. Lots of heart. Mr. W. got to Mother & crawled to bed at 8.30. David & Donald Gill's father wants him home. I said I would not let him go till I saw papa, as he promised not to interfere.

TUESDAY, FEB. 8th
Regatta Day, Hobart

Troubled dreams & woke unrefreshed. Up to Mass. Wa. to have whole day in my office but had an hour in Mass. Tommy up & to go tomorrow. Did report but felt so tired I had a day before morning tea. Have pulled round doing odd jobs, slept till 3. Off my oak & occasionally maintained Hope's not in for another hepatitis. Unpacked Victoria's & was done. Tonight heard some lovely Beethoven & finished my blue dress at last, but it wants pressing. Now going to bed. at 8.15.

FEBRUARY, 1955

APPOINTMENTS

WED., FEB. 9th

E R O R o.

Professional

Private

Felt much less tired today: did a good day's work. Still a bit off my oak. Called at 1 AM to admit Kaera, admitted pneumonia & caught through morning leave of Kad to #1 W. all crying: Admitted. Morning was rush. No one desperately ill. Miss I came: a pair of women - folk en route to Trip: they looked rather nice. Saw Mrs. S. & she took Tommy home. P.M. finished Adam & Arrows. Lots of interruptions: only got 4 letters written till now. Gregory of Bass B. came in & a crushed finger this A.M. Three bank & sleep now: can I say prayers intelligently. Gran tried already: has Mr. Kelly. Alfred & Lucy not to be married tomorrow.

THURS., FEB. 10th

A better day, less busy though busy enough. Gran is fixed. Up to Wales, we got away to Wick. Pretty soon but not finished till 10.45. Over 90 patients. Alfred & Lucy were married L.M. all done up as a fiasco. Poor kids! Gran had to subdivide so as to postpone the plaster. She & I shared the job of typing new list. In my opinion the ones I did with good enough for some day. However P.M. pushed flesh & Prax & I sorted the drugs from Stribia. Order of material to district matters but no new prescriptions. Tonight read a chat story then wrote New Britain letters. I think I must be the cherry that makes me dizzy & disoriented for work. I interviewed Fisher who wants to be a medical boy.

APPOINTMENTS

Professional

Private

FRIDAY, FEB. 11th

Web so we did not do the plaster as planned. Got inspection done early & odd job from them on a fair number of admissions. P.M. waiting for mail tomorrow. Jan tried to find out if little Gaiya was a prem baby or not. Dad said "O no, conceived in September, born in December." To have tomorrow off.

SAT., FEB. 12th

At 11:30 last night Stanley Murrell was brought in & cerebral malaria - fitting through the day. Told F. Murrell well off. The little idiot. B'paul in bed so slept happily all night. Aileen doing job in house. I pressed my new pants. M's. ran washed head wrote N.K. to Green, Bob & that's the sum total of my work today. A mail came, probably by the Kaituma. Mr. Gray walked in in the rain - a mild steady cooling rain.

FEBRUARY, 1955

APPOINTMENTS

SUNDAY, FEB. 13th

E R O R o

Professional

Private

my day on but Jan insisted on coming on
doing the babies' food. I was grateful because the
flour was busy up till lunch time. I doing meals
but Mrs G. brought eggs & bacon. I isolated & chased a
lot of people back to hospital but everyone wanting
to go to N's wedding feast. P.M. odd jobs.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

Professional

Private

MONDAY, FEB 14th

We were there AM up for breakfast. Druggery wet day so small
 a P. 4 inspection took from 8.30 - 10.30. Did an aspiration.
 Alfred started work again & the 3 boys got things done, ins. sub-
 class things. I did them up PM. Finished packing out the old
 books. Some I am sure have been finished. Discharged 9 &
 5 yesterday. Taught writing read & looking up treatment
 for Malaria. Apparently circumcision contra-indicated. A
 really raw at lunch. Print: Clement said something wrong
 to G. But's info. There was after her blood. Clement has
 the sack & possibly some other Mambas. Saw inspectoral
 acc. to £15,000 has been spent in the past few months
 & nothing to show for it.

TUESDAY, FEB. 15th

A good, joggling day. Meant to go to mass but overslept!
 The bus was early. We left but got O.P. fairly busy.
 Damsay brought his mother who is shockingly emaciated. Then
 went off to Pop & took our mail. Got inspectoral. I showed the
 boys how to do Malaria's dressing. He really ought to have a
 circumcision when clear. After a miffa did cards & again to-
 night. PM we slept late, got ready & after afternoon did
 Larina's plaster. G.H. looks good but too slow in setting.
 Malcolm has fever $\rightarrow 104^{\circ}$. These people for Tufi still at
 the Bay. The D.D. for the Kothura because of the Japanese
 people wanting Kuma war graves. My light is bad. I am
 getting headache.

FEBRUARY, 1955

APPOINTMENTS

WED., FEB. 16th

E R O R O.

Professional

Private

A busy day. Shinner called me at 11:30 to Malcolm but I think he was being passed over. Gave him Phendran. Called at 4 to new patient - Garm - said to Mass but drove my way through it. A rushed morning with kids + + & several admissions. Mr. Shurt brought up Mrs. Barker & Miss Lewis, I think some may be twins! For P.V. Friday, I did foot. We got a bit of hope-up then did H.V. Wages as she had a party. A busy in Hosp. Heard the note of regards, which are excellent. They say the spoke on belt & Lancelot at Menapi. Tonight saw slides & brought cards up to date.

THURS., FEB. 17th

Wanted to go to Mass but slept till 6:30. Pretty good day. Busy O.P. lots to inspect. Got impatient & Jan who replied she was ready & then pulled round the ward for an ag. Alfred Henry still not everything much if he is telling the truth but he is not sure enough to tally with his previous work. Gave him 10. 1535 of work. After lunch slept till 4:15, to 3, have at last filed months of correspondence. Did more of it tonight & wrote a couple of letters. Bed at 9:15. Malcolm pretty well right again.

APPOINTMENTS

Professional	Private
<p>up to Mass. Busy morning, O.P. resp. Mrs. S. came, I did a P.V. think it must be twins. She is a bit staggered. Gave Alfred Henry another 10 50% glucose. Can't pathan him!! After lunch was away to see Wally Edgerton arrive to do the phones & latrines. He tested 31 found them in order, & will send 2 boys tomorrow to fix pack & insulators. Rained in this AM & more rain. Has used more P.T.G. From 4-5 fiddled on odd jobs. Tangled a steady goat letter & wrote 5. John Newman didn't come for Pop letter, but maybe the rain stopped him. Joan tried & I think glad of a day off though she wanted to work.</p>	

SAT., FEB. 19th

I year since the Queen arrived in Hobart. Very busy on duty. up before 6, saw to Hosp. & to Mass, & received for the first time for about 252. A busy day - A.P. & I.N. helping. About the food from Lambada - saw ph. stbl. came & wouldn't come up. I wrote for an app. I resp. till 12, & got food down. Neat's work - just in the house, & she is cheerful! Slept till 2.30, Hosp. job till 5. Raining heavily all the after. I bathed at 5 & hurried to sleep. Tonight washed till 8.40, gave Joan soap & stayed talking nonsense till nearly 10. The plan didn't come in & these poor women are still stuck at Oso Bay. Mrs. Stuart pretty fed up.

FEBRUARY, 1955

APPOINTMENTS

SUNDAY, FEB. 20th

ERORE

Professional

Private

a lazy day off - nice but suddenly, Weston woke me at 7:15 in a supper. To Church late as usual. Raining hard! we hoped in vain that Shuman would end the sermon. He got the congregation up to the point but we couldn't hear much. B'fast it was really interesting conversation on cures. Wrote to Miss Fox & Lil. Slept till 10:30, started Minkman. Heard Plain Xianby & mended my slipper, a beastly job. To 9:15 song. Tonight started a letter to Lina, called to keep: little Savita unconscious (her TB catching up on her) back to hear a detective play. Supper at M. & G. & news to bed 10 to 10.

SAT. FEB. 19th

MEMORANDA

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

Professional

Private

MONDAY, FEB. 21st

It has rained a lot - it steadily since 5. Sun baby not
 roaring in the bathroom today. Josephine killed them but I had
 thought I was clear after he had seen Ted. Donald Bell's father.
 He demanded D.G. I shook his head & refused to try. I got the second son
 back. I told him he must shut his front. D.G. came out 4.15
 & asked to go to his father so I had to let him go. It was a
 promising lead. Busy morning. Late in p.m. I got up. I had lunch &
 parcel of replacements came by air - sterilizers etc. 1.15 busy on
 this & that. For late for T's song & anyway, too wet. Wrote Beryl in
 & I wrote asking for 11 patients to get her. They get off. Saban
 asked to go. Said Bruno said to wait. Wait for M.K.!! I'm very
 angry & pain. Told Saban he must wait till Bruno returns. Malcolm
 miserable & cold. Wrote letters tonight. No mail in yet.

TUESDAY, FEB. 22nd

up to Mass. Manual morning in Deep. Bright sunny day
 after morning tea took Newton's plaster off - had pain then
 cure it. After lunch gave him Penicillin & manipulated
 it. Put on a new plaster. Cold job. He's 5. T's song! Profound
 tonight sorting & filing papers. Malcolm miserable &
 or cough, wanting a lot. I am in a haughty mood which
 is proof of nothing that I can place. I know she
 thrives & outgrows by much - & perhaps I do - but I
 feel that she does the same. I'm ashamed last other
 instead of working in death harness. Got a nice mail
 today.

FEBRUARY, 1955

APPOINTMENTS

WED., FEB. 23rd

EROKA.

Professional

Private ASH WEDNESDAY

Am getting the prevalent cold. Malcolm still is miserable & Margaret getting it. Ref for Mass is the blessing of the Ashes first. Finished at about 8.30. Busy morning till 11. Have been doing cards & records since. The clouds over Jan & me rolled away, for it is as sunny as ever. A new thought between Apha & Ukarn & Goodwin. Bruce became fastidious at the end, shook hands most unwillingly. Wore sick babies in. The barge got away at 16:00 this AM instead of yesterday. But it took on Mambas.

THURS., FEB. 24th

A good day. Inspection over by 10.15. Mrs. S. came so saw her. The FIT of the upper part is most irregular. Odd job. P.M. slept till 2.30 did office job. Saw all my papers sorted & put away. I read the Todd's book for old book. After 9 am the post set in. Elkin brought his 2 kids for admission & there were others. & Wendy came in 1k. Produced for book at 5.07 in a hurry. Jan delivered her. This one a boy. I did the round while Jan sparged them. Am happy for Father & bed after 10. Cold still a bit miserable, & even a bit annoyed Margaret is off & warming a lot. Poor bit. Malcolm is just better.

APPOINTMENTS

Professional

Private

FRIDAY, FEB. 25th

Cough developing. Feel lousy & feeling ill. Got misophonia & a couple of admissions & started writing in my house after morning tea. Malachuk's school behind as in desperation put him on 5 grammars. Mary not eating & vomiting a bit. P. 4 did some odd jobs & writing. One can't get much done in the after. E. sang. After dinner planned to write but Donald's wife Elda came with labors. As I expected she wanted to have it in the village way, so we left her alone. 4 in room. Pain didn't happen though she said nothing. Elda agreed to be admitted after the birth way born, had a bit of PPH from a laceration, stayed in intra-perineal P. but as she had already consented to be a patient I came down through. Bed 10.30.

SAT., FEB. 26th

Day off. Cough improving but have felt & been lousy. A fast in bed brought by John, please her. She had a busy day admitting quite a number. I laid washed hair did nails & all the odd jobs wrote about six letters. After lunch slept till 4 to 3-4. Opie caught coughing in sleep. I suppose letters from Paul who says Sylvanus is free to come back but I am not sure. Also from Henry saying Dr. Calver will be going down on the M.K. Grand flood in NSW & many of the poor things. Ray had seen a bit better. Stephen returned as hospital, plans from Mary's looks well. No letter. Says Vincent had his op. last Wednesday.

FEBRUARY, 1955

APPOINTMENTS

SUNDAY, FEB. 27th

ERORO

Professional

Private

called at 12 AM to Wang Jany. 12. Spent a lot of time working
 & boy born about 4:15. Had a tear. She behaved well.
 Finished at 5:30. Back at 6, to find Jean already there doing
 job. We got cross & each other. 5:45. Barisan came at 7:45
 & had of 1 one & all. I got to Ch at 10 to 8 & even then got a lot
 of sickness. Saw to 6:45. To pray morning, found sick kid
 convulsing, & dehydrated. Took fluids & all set with it to
 finish. I wanted Jean to see it & we worked amicably all the
 aftn. She slept 2-3, 9 5-5:45. Barisan returned: Elfreda
 sick. Barisan kid died at 6. Jean went on duty & got my
 wishes at night - more tension. Had it out at 9:30,
 & urgent prayer to the Holy Spirit for help. Ended in
 a mood of reconciliation but: an difference understood
 she can't see my point of view & I can't see hers &
 we are both obstinate.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

MONDAY, FEB. 28th

Professional

Private

Up at 6, in agreement to help Jan. I weighed babies for a solid hour while she did wash dishes I got the auto-lav going. Busy O.P. started insp. at nearly 10. Finished at 12. Found Stanley Russell much worse, 18 stools in 16 hours. Putting fluids into him & dressing him. Saw a pathetic little misery too. After lunch had to sleep. Did a Salifer under G.A. sold job in on a chasing S.P. car. Worked on till 6 to 6, both of us. I allowed to do the wash dishes. Fought waking steadily till 9:30, had a coffee & young Kamata just in - bad j. These hateful episodes! I was accommodated. Bruce's Mollie arrived, brought a letter from Mame who is in busy too. Gona is having Station trouble. She calls Barrumishi. Her had her bath at Ambasi.

Written 9:30 MARCH, 1955

TUESDAY, MARCH 1st

Very busy day. I think we got a bit of rest after lunch. We got a broken night; I know. at 11 P.M. Goodwin started talking wildly - slapping herself. The wall. It took 2 dr. Paraldehyde. He is too of Hypocrite. I think barbutal to get her quiet by 1 A.M. Stanley Russell almost dying. Lori in bed.

MARCH, 1955

APPOINTMENTS

WED., MARCH 2nd E RORO.

9-3-55

Professional

Private

A busy fin of a day. Mrs Kelly came Goodwin
mad as a off. Baby is bad of vt wrapping, especially
Stanley Russell Lorna came in at 8 AM died
at 10 she was 14. hours born just after 1. Lorna
is good, but lost 30 oz. Lunch at 3. 2nd twin blue
all the time, died 6:15. Bishop arrived at
5, I greeted him late, Jan not all dinner

THURS., MARCH 3rd

No hope of getting to Mass. Got to
confirmation for the address only. Madly busy
day. Almost no sleep. Jan clean & looking
after Lorna. I dirty & doing infections kids.
Asked Father if we could keep Elkin to help.

APPOINTMENTS

MARCH, 1955

FRIDAY, MARCH 4th

Professional

Private

9-3-55.

Goodwin was there ever, I got her moved to Nurses' dormitory. The TBs were getting no rest. Teacher helping to stand sentinel at night. I spent mass time settling her, writing to DC for her transfer to Wrentham. Motheran took the letter through. Bishop talked to me re having a flange. I said to carry on. Saw all most boys' wasted eloquent about stealing. Substantiated them & they promised one by one to try to be honest. + I got away at 4 P.M. Still young. All 11 P.M. & up at 5th Goodwin.

SAT., MARCH 5th

Goodwin woke at 5, gave her Paraldehyde. Up 6:10. Squat babies stools & weighed the baby. More soberly day, worked steadily. Man got less sleep than I. Discharged 14 lbs. Glad to have Elkin. Strikingly job. I got a sleep 2:15 - 3 then a storm & wonderful fog. A sense of release. Got books in order a bit. Tonight I & I shared the job, wrote letters. Man came too early & pilot did not get my letter. Sending Joseph through to send packages in A.M. Goodwin & I at 10 P.M. Now nearly 11. I am announced. He is going down in next MK after this - + I said I am. We I got temporary job in W. H.

MARCH, 1955

APPOINTMENTS

SUNDAY, MARCH 6th

EROKO.

Professional

Private

Goodwin woke me again at 5:15 gave her Hypersine she has needed more sedation. been quite violent. Raney Hap. Sunday Church 9:15 tried to give her intranasal milk but she vomited it. Got to ch after sermon. Jan not at all. Got inspection duty. P.M. slept at 3:30 am awful struggle to get PR Parallelopleidin. Janice can be help. ready for med. work. Mr. L. brought mail a nice one from Dr. Wilson & good report of Stephen. Saying Vincent is TB Kidney. An from Dr. Luntley somewhat critical. Shunga brought 2/2 TB drug from Kahuna. Jan talking of flying home soon. Gwarden. Bed 10:30. G shall quilt. Jan comb-clawing..

MEMORANDA

SPECIAL NOTES FOR THE WEEK

Private

Labour Day, Tasmania and W.A.

Goodman got away. Thank God. I woke at 12:30 & kept right on
I'm bed. We wanted to sleep. Struggled, then, argued. Myra
feared she wanted to take her to the village.

TUESDAY, MARCH 8th

MARCH, 1955

APPOINTMENTS

WED., MARCH 9th

ERORO.

Professional

Private

a lovely sleep till nearly 7. - about 9 hours. Jean got less & is more tired than I today. Big O.P. got that A/N chinine done & inspection done by 11. After that felt quite slack. did food between us. Same gift brought the drug in at lunch time. spent after checking & issuing them & getting Bruce to pack same for M.K. M.K. did not care at story of delay must be fine. Tonight did list. Gregory's "muff" - the wife & kids at the mamba - brought in after reportedly taking Dennis condition quite good. Snow dropped here, went scarcely talked to Jean. Jean tried & cross tonight for bed. Bed 10 PM.

THURS., MARCH 10th

A much better day, even weather slightly better. The last week has been strikingly hot & more. up at 6:15, found Jean already weighing babies and I did duty myself. Early inspection finished & I interrupted by 10 to 11. showed Landolt how to aspirate a scaphoid, got on to office work at last. did cards most of after & evening. I interrupted for new pb. champion arrived tonight at 9. 2 T.B. Mest, Jean, Louis & I had supper in the dining ward. Mail came this A.M. DPH approved of Iferd Goodwin. Long letter from Mr. Hill demanding an inventory, nurses!

APPOINTMENTS

Professional

Private

FRIDAY, MARCH 11th

Really good day, got cards, reports on the way. Forget what
 happened to Bellag. Gles. Club over a Cuffa, just going to bed
 when Frederick arrived also Louise. 16 & Reading PV
 seemed she is pla. praeia. up: for all 1:30, when Eng
 baby who was getting sicker all day got worse. Thuma. af-
 tered it, & it died very soon after. An awful argument
 parent who wanted to take Wednesday away too. As baby died
 Louise went out of labor. Bed 3:30 in an clothes.

SAT., MARCH 12th

Slept 3:30-6 in my clothes. Busy, muddy day dominated
 by Louise who stayed out of labor in spite of a mid skin
 a. Kapa. woman at 2. fern. a. I was, he came in a 9, not
 16. Thuma. to P.V. her. think she is brown. Lyped. x. hypd
 2. an occasional loss of blood came. Got inspection done. 11.
 At 2:45 got an. ham's. sleep, but Jean had only a day.
 Louise. she. drawing. pus. on. Chlorophycin. Elkin. came today
 & I went who looked hooked. Also some emergency drugs
 from. be. Polymers. Goodwin on shock treatment. in
 proving. + I sent message MK due today but didn't
 arrive. Length work, bed 9:20 expecting to be called to 2.

MARCH, 1955

APPOINTMENTS

SUNDAY, MARCH, 13th

ERORo

Professional

Private

Woke a 24 hours. Poor Mother got scarcely a thought for her 92nd birthday. Had just 1/2 hr. sleep last night's calls at 10, 2 & 6. Dreadful night. Took blood from Godwin in car. got 2's. J-V dec has going. Thank God! sent it yesterday. Leg pretty awful. Replaced mums, legs down a leg at about 3, 1. Thank God! the foot was there beside a head! Believed French King! but it's difficult to breathe at about 4.30. Stillborn. Her condition pretty frank but her blood is in regressive. Found her placental site still open. Put in Peter & packed her 7 AM. Had to throw out the blood, alas, & gave her 3. Solinger. Got to bed at 10 AM called at 11. J-V stopped. Elkin in charge of Karp. Shukin, not a thundering, the babies' milk went bad. Slept 12-12.30. Jan slept 10.30-2. I did a hard round, Jan did foot only supper & slept 3.45-6. Max 9.30 & in bed. No H.K.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

Francis & I. M. G. reported tomorrow. Seas in work. Tonight did a round which Jan fixed Lorna.

MARCH, 1955

APPOINTMENTS

WED., MARCH 16th

ERORs

Professional

Private

Not disturbed last night, prance to. Up at 6:30 + P.D. 6
got off at 7-15 ish. Busy muddily morning, asperated
K. but M.K. came AM, 7. 4 and 1/2 hour in board a nice
young tall enthusiast. Dot 7. felt better, was afraid of the
peas so did not come. He arrived after lunch odd job
had dinner. Did round tonight, gave out boat tickets
with letters, supper - to 1. full of beans. To museum
it seems. Bed 10:30 3 parts asleep.

THURS., MARCH 17th

A quieter day, but everything late
Shirley went off to the Mamba. Got away at
about 8. (=8:30) I was up at 6:30, fixed road,
weighed babies before 6 past. To 4 and a nice block
musical apparently. Late O.P., only finished
inspection at 12:30. P.M. slept well to 3 and 1/2
odd job, heard lessons. Lorna got away at 5.
She herself asked for her account for trip & for
mum to be meant. I admire a person who in-
sists on being paid if she also insists the other way.
Then, Nick went down in them, brought back the
frank: W's black palm. Benson came in tonight
in great pain & looked like - feed to L.A.
Then absolutely tried out, all in bed at 8:30 AM.
I was called at 3:30 AM to a rest bath. Pattern
didn't come, nor did 7. 2 saw's letter to me &
stamps.

APPOINTMENTS

FRIDAY, MARCH 18th

Professional

Private

At 10 PM Snow drove up: a woman from Tufi, who came
by Tufi launch. Dr. Calver saw her in the P.M. - thought
hypertension might be necessary. Shlbaum took (the)
photo & returned P.M. Mrs. Brennan couldn't remove it.
Dr. C. yesterday couldn't dilate the p. a lot of loss. Decided
to carry her on antibiotics. Pathetic soul! They trust us to
help them. Bed M.N. up at 6.30. Ordinarily busy day. I got
to my desk after afternoon tea, typed up list. 2 new Phryga-
nians, one Vernon's child: a hybrid. like shot. I will
hope we haven't a second epidemic upon us. No word from
Elkin. Tonight more work. Saw pt, did cards & a bit
of report. I also got a letter written to mother. Now
we need the radio now! Yours & affable.

SAT., MARCH 19th

Both on duty but not housekeeping. A pretty
normal day for me. Cold job, inspection n. Pura the
Tupi woman punch the sack, no placenta yet. After
morning tea from took the truck out for fresh
firewood, I actually got to my office before lunch!
In the afternoon I had a nice sleep till 3, I washed
my dirty head. She tried to go to Base B to see
Tarha but the truck had a breakdown. We all got
to E'long for once! Tonight writing MK letters, heard
some Brahms. Went to Mr. Brennan, Ekin for
bridal and launch. Supper 9 P.M.

MARCH, 1955

APPOINTMENTS

SUNDAY, MARCH 20th

ERORO.

Professional

Private

up at 6:30 supper church which took more than 2
 hours. Fr. Copeland preached 3/4 hour - 1 h used to take
 10 minutes! Very hot trying day. O.P. med. is baby
 away. Am sick of this short-staffed position & so
 on the bay. A sick pneumonia baby came in at 11
 just as Arnold was convulsing. Temp 105.6. Got H.C.
 to baptize the baby, gave it everything & improved to-
 night. Temp 101.9. Had a good sleep after lunch. I
 did food while Fran fed baby's gavage. My 3 came
 for Gian. Meek & they arrived back at 4 to 6 I washed
 the kusp., bathed, chopped & sang to read up Sybil's
 amputation. Tonight have written M.K. letter. Lind
 1 h bed at 9.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

Professional

Private

MONDAY, MARCH 21st

Up at 6:40, funny not to have babies to weigh. Jean has had a busy day & I feel a drone beside her, yet I don't think she would have welcomed my help. Got a good start on ranch job at 10:11. Harry Samson came in - ? malaria to be admitted. He came on Friday Saturday at 2 P.M. & talks a good bit, of immature personality I should say. Kept a good job this afternoon, examined the fine - consider his finger nail. Got on to repair, have things in the mail brought. Pure had a beautiful ring blew it, her silver changing staff but no placenta yet. Tony Bergman came in at dinner time, now 10 P.M. I have looked up Ayne's amputation but think the old boy will not consent.

TUESDAY, MARCH 22nd

up for mass - for me! After breakfast Pure's blood for x-typing, thought of transfusing but not a hope. Loma came for lunch, (Lewie came for dressing, & to load M.K. is sleeping here) Harry doesn't take much time inspection. Member refuses amputation. Aspirated a puncture. Boat bell before 12 & admit people, odd job. Jean met boat meanwhile Ken & Shuma got off at Barberado, came up - it was St. L. M.K. came late this P.M. Jean's truck brought up fresh laden. Ennis. Admitted about 2:15. Belkin at 10:00 M.K. & St. L. ph arrived tonight, not many, praise to M.K. sailing 3 A.M. St. L. at 11 P.M. as a security to get mail done by 9:30. Thereafter a cuppa, a share to draw breath. A N.B. woman in a terrible way, worst I've seen. Am full of pity. 2? V.D.s. Pop mail - a nice letter from Liza. Mother had a lovely birthday & got to mass. New Rectory folk settling down. Things getting grand.

MARCH, 1955

APPOINTMENTS

WED., MARCH 23rd

ERORO.

Professional

Private

A rushed day, up at 6.40 odd job. After b'fast got
dressed Ken to O.P. I think he can carry on. Got the sheep
boys to pack pens for Gomer, dog for Betty Ann. I had a
big A/P. Clinician. Inspection hell 11.15 i Ken in house Ken
has taken over Harry's care. Man. pb. job hell lunch. P.M.
took Manka's biopsy, manipulated. Waniwa balls put
in plaster & aspirated NB's man's seroton,
26g brownish fluid. Am so glad it's fluid, we can
do something about it, poor man. Took work till dinner
& brought also nurse work. Left my stairs and
frank. Oram awfully tired. We 3 had a cuppa in
my office at 9. Have decided if all is well again
the Betty Ann to see Betty who is having st.
A.P.H. - 1 maybe from her vagina.

THURS., MARCH 24th

Looked at x-ray films before b'fast - Frank
Raymond's is rotten, Tom Nelson's pretty frank. Chrys-
andla has I think a small cavity. Made up new stam-
at odd moments, spent the entire evening on bath work
- organizing a bath for the films wh. were un-
washed. Admitted Venile A.M. a bad foot. Ken & Elni
did O.P. We got on to inspection fairly, even as only
pinched at 11 to 11. Have 111 pb. Helped Ken aspi-
rate Wilgi - his asaphis is somewhat vague. Found
a pocket of pus, but not much else, alas! For saw
TBs I did bath, 1 adu. - new pb. hell to 6. Frank R
came up, to my surprise there wasn't a battle. He
said he will come up in the A.M. for treatment. He
was almost in tears. For last, Mar 10 P.M. Am con-
centrated as ferociously on work that it is hard to come up
for air.

"Lactogen" is suitable for adult feeding where ordinary cows' milk is not tolerated.

APPOINTMENTS

Professional

Private

FRIDAY, MARCH 25th

Lady Day. Overslept till 7.45 but given as the service was long enough. Not in Church. I couldn't concentrate a late muddy day & everyone being held up by everyone else. Late inspection did a PV on Puro, tried 1st Eng. but nothing happened. PM had thoughts of office work but hid up & odd jobs in Hospital. At night got smart ready for Gona Pop. & wrote home. Bed after 10.30 & tried a glorious golden brown moth & wing span 5 1/2" settled on my hypemeter later on the floor. I tried on it - I wouldn't have done it purposely for anything. Put it in a tin & wish I could send it to someone who knew. 4th feet were like yellowish cotton wool. antennae beautiful like feathers. Needle awarded.

SAT., MARCH 26th

All on duty & I home, keeping in a bad grace esp as the labour line is so repetitive. No system. Jim went out to meet the plane but Maybelle not on board as it was morning to Pop. No pick up passengers. Bury. Hot day. Took out Norma's up, a difficult & repulsive job I had to stop now & then for further anaesthesia. I finished after morning tea. Discharged Harry & said to PM. Had a sleep, spent the rest of the day on cards. A great change. Have all our TBs shown in Isolation. Mr Gray walked in today, to meet Betty Ann tomorrow. Now 10 c.c.

MARCH, 1955

APPOINTMENTS

SUNDAY, MARCH 27th

ERORO

Professional

Private

up 6:30, got through Ch. saw to B's feet. Family slack day in Hosp. Spent aftn. on cards. Shinner Bill West & Ken went to Base B. met the Betty Ann. G. goes at 6 A.M. Bill West came back at 6 c. Shanti's gift so I got my luggage down by that way. social night in A.M. Still feel a doubt about going as Lili's M. thought she was 16. Aunt's but, the miserable priests baptised tonight so I went. Prayt Winesap is the name tonight final arrangement. was to bed 9 P.M. Ellet goes tomorrow

MEMORANDA

SPECIAL NOTES FOR THE WEEK

hurry to get back To Luke Bradley resigned: he won't be helped to his house!! And the new Dr. Hill threatened hereafter is gone: a duckman Muller is in charge. Poor G. Linth. Saw G. Linth who flies out on leave tomorrow & off to Ireland. Says 3:30, Pat up but is thin & drawn. Had a supper, R. M. left, Pat stayed in the Hosp. in. the dysentery bates & got to bed & saw he bathed himself. Nanay seems to drink quite willingly but endlessly slow. Finished 8 P.M. = 7:30 Am). "saw a sick bates & to bed. Very wet

ERORA POP-AG-SAS

Professional

Private

MONDAY, MARCH 28th

Up at 4 (nearly 4:30) b'fast & off in the dark from up to say good
by. First time I've been off the Spahr for months. Road in the
dark & fell in a puddle near the bridge & got wet to the knees. Struck
downed out to help me collect my baggage. I saw the bird & the cat
& talked about the bassinet. Up & another at 6:30 a glorious morning
in the Bay wh. is a lovely spot. Left & read all the way to T.H.
Got there 10:30. Rodd met me, bless him, & showed me to Pop by
11. Cuppa. & waddy. Rodd a lovely bird but an overweight
carbohydrate one. Saw Kendall, have never seen T.H. so defined
& all looking. They go & leave May 3. I heard Pat D. is ill.
Rodd, Waddy, I sit off after lunch for tea but I got my mail,
including T.B.H. plans - very quick. Lovely drive - Ag at
1:30. Betty fairly well, back at work didn't want to examine
her or see the MS men who are off colour. Rodd was in a

TUESDAY, MARCH 29th

Quite a day. There is a lot of pine felled away waiting
for use. Up at 7:07, b'fast. Had to make lat day in bed
but what a hope! Saw a few pts. I ran messages, organizing
things. Dr. Hill came to run Pat's clinic. I helped a bit.
As I was dressing I heard mention of a woman & returned pt.
Pat sent a cheque for her at 7:15, had not come by 10. Edgar
went then I, prepared to do battle. Got her reluctant con-
sent. The husband's phd was reluctant. Found her in the
H-hall but couldn't remove it & sweating & sweating.
Pulse 100 & almost bloodless. Screamed for carrier, got her
here: apart she got out. 1.5 saline 3 litres then did
manual removal after lunch. Much better tonight. Bake & K.
Not much else achieved, but got to E songs & started one
letter. Looked at T.B.H. plans, beautifully done.

MARCH, 1955

STATEMENTS

APPOINTMENTS

WED., MARCH 30th SAS - GONA

Professional

Private

up to 7. Breakfast slow & late - I begin to see more clearly by
 Nancy is always oppressed & has much work. She never gets
 down to it. Removed a polyp in Hospital & saw the pt.
 Ted sent a note from MS - apparently hurt that I didn't
 go to see them as I came through. After supper did some
 washing & got some letters done. Took lunch, had a
 rest & sleep, more letters & odd jobs. Got to E'sang.
 Pat may almost all day & no rest. She is better but
 looks dreadfully tired. I collected some drugs for Nancy
 because my box for her went astray. Miss it. To
 E'sang, where for once I could pray a bit. Feeling also
 conscious of my own frail mind & poor service to God.
 Tonight praying, writing, watching Pat's pressure
 cooker.

THURS., MARCH 31st

Knodd arrived about 7.30 before we had had
 breakfast & like a lamb put himself at my disposal
 for the day. He brought by train when I 2 hrs. got away
 plus luggage. It had been a glorious trip only I
 did long for silence. Called at Kaito & met Dr.
 Mr. Möller. I like the look of him, though he has the
 reputation of being harsh to the natives. Got some drugs
 for Gona. Saw M S for nearly 2 hours, staff & a few boys
 also Edwin is Gona TB but has developed gland. Had
 to talk it out in a hurry but he came in. Examined Betty
 & no trace of p.p. praise her. She much better also
 by now. Mary Gona. Lunch at Pop. Moodily not bright.
 Saw sundy people to the shore. Knodd got me to Khor 6:30
 & I got to Gona 6:10. Lovely welcome. Much talk.
 Much pitifully thin. No news of Wardman.

APRIL, 1955

APPOINTMENTS

GONA

Professional

Private

FRIDAY, APRIL 1st

2-4-55

Up to Mass 6:30 in Mohr, Fr. Gregory celebrating so
 we finished at 7:30 B' fast, did a round in Hosp.
 & saw some O.P. Heavy rain. Name has bad spot
 of trouble i. Jasper but I think partly. sh. does
 not make clear what is reflected, insist on it.
 Got some working done, long sleep after lunch after
 finishing my novel at 12:20 AM the night before I
 was dozy & sleepy. Typing up prayers in Mohr for
 the sick that George has at last translated.
 M. came, talked when I was in bed, just
 putting out the light when a message came
 that Penmitta had her labor & a retained placenta.
 Decided she pt could not arrive for 2 hours so
 went to sleep.

SAT., APRIL 2nd

M. didn't come - apparently Mother
 Nature did her stuff. Up at 7:30, Mass over & lunch
 & breakfast late. Did a P.V. saw a few pts.
 spent the rest of the morning typing prayers.
 Feel utterly lazy & astounded that I quit in bed
 when M. is pushing round. Long sleep, read
 after lunch, more typing, supper, bath. E' sang m.
 Tonight did some ironing - washed head &
 clothes AM - late dinner, made Muna's &
 little else. No mail no news.

APRIL, 1955

APPOINTMENTS

SUNDAY, APRIL 3rd

GONA.

Professional

Private

Woke at 4:30. Church 7:10 - 10:15. Service much more
easy to follow & worship in but much longer than Eric.
Blessing of palm crosses distribution. Procession service
20 min & notices 12 min. I slept part of the time.
B'fast over by 11. Saw some pt. Slept P.M. longer than I
intended, & some have written some letters. I sent
pneumonia boy in, but he looks a little better now
at P.M. Nurse got little done yet today all day. He
told me of some of the station rebellious - staff demanding
this & that & being insolent to white staff.
They need a strong hand & a real head, & Fr Peter is too
inexperienced to cope, though he will win through, given
time. Marcel & John & Hunt seem to be the leaders
of it. Told of the visit of the Gaps body painting -
quite interesting.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

4th
Have stacks of lovely gifts. Beant about brought.
Much talk over supper, went to 11. I go at 11
tomorrow. Bruce brought a letter from Jean
all family well at Eric. Apparently Ken is getting
on the nerves. Ruffy & Jimmy are sick & the go
further. Cynthia's son-in-law has been offered as
a medical. Fr. Wren is ill. I am about gone
there for Easter. Kenyon & Sag & Sag & both have
bad kidneys! Marcel to go on 1 M.K. for leave.

APRIL, 1955

APPOINTMENTS

GONA - FRODO.

Professional

Private

MONDAY, APRIL 4th

Wot a day, up to mass 6-30-8 (i an address that I went to sleep in). B'fast late. Went down to see Reginald at the aid post - talked about dependent babies etc. Saw Mr. Muddled round Hoof. Till 12-ish, interviewed Naphthali who want to train at Enos. Oliver Brady came in with, after a lot of discussion went home to sleep late P.M. after receiving the sacrament. At 1 P.M. got radio to say Mr. bringing Wardman Wednesday. He told they were on the horizon. A great pair of preparator & a great welcome. David is a good, plain little chap. They all look & well. Lunch at 5 P.M. Order from Bishop to send a med. bag to Sagay, finally decided on Dr. Enos. Hop he will take it well. Bless him. Tonight writing letter about it. Wardman

TUESDAY, APRIL 5th

Up at 5.15, ready at 6. M. got to fast for me, bless her no M.D. so went to church. M.L. came after 8. Trouble to feel pump. Bruce. I went aboard, got wet. I wrote letters & finished my typewriter. Wash it. A spring gun was set out & had a sheep. Enos 12.30, had a beer. The Shugub, & walked to mission. Saw passed me at Kusa village but didn't offer me a gift. Got to mission 1.30. Mission fine. Gums produced lymph did an T-V on the little man & had some trouble. Kew taken to staying away in the after, so I sent for him. After tea & solar to church. Missed E. sent & wrote to the 22nd. Tonight unpacking, packing mail etc. Wm has sent a lovely parcel: a 2 lb. tin of ham in it.

APRIL, 1955

APPOINTMENTS

WED., APRIL 6th

ERORO.

Professional

Private

7-4-55

up for 6.30 Mass, wh. of course was late. & fast late. O.P. late. Saw ante-natal clinic inspection. Jan came over after morning tea. Talked of difficulties with Ken. Looks as if things are going to be difficult. He has no sense of responsibility. P.M. had a sleep. odd job in Hosp. including cleaning I-V needles. After afternoon tea got some letters done & most of the evening. Left 10.30. Ken came in from Bas B to say good-bye & stayed in house & miss kid & a hand-dance one. Expected to camp on the ship tonight & said he wd. take my typewriter. Got T.B.H. plans ready.

THURS., APRIL 7th

up for Mass at 7, pretty tired. Mass & exposition of Blessed Sacrament for 2 1/2 hours & shipping of High altar. Late & fast. Late to Hosp. Inspection done by 11. Embrocure was who came in last night & N.G. woman took a bad turn & died at M.D. Got on to Nurse's hand-dance & got the blood. After lunch put in the needles & had a rest. Also, after 5.00 p.m. had a rest. It wd. break your heart. Think I'll write to Bill & Dr. Whelan in Melbourne. Finally, had to drink out the blood. Off did Wilford's plaster. After supper did odd job. To 4 song in pouring rain. Longest night work & wrote to Randall & Godwin. Not taking any part in the Vigil & doubt if anyone else is. Jan just went over but nothing so organized. Jan stays at the Hotel Napua in Moresby. Who pays? wonder?

APRIL, 1955

APPOINTMENTS

Professional

Private

FRIDAY, APRIL 8th

Good Friday

A slack day in many ways yet I feel tired. Ref. for 7:00 service in pouring rain, 7-8. We had a sort of breakfast. I had job. To my house at 10-ish & did cards. Fell back off 11-15. I had a sleep church 12-3. I tried to devote myself to books, couldn't listen to Shinner, I found I was drifting off to sleep. In spite of a few successful efforts I couldn't get in the Good Friday suffering as I have in the past. Silence kept pretty well. After tea, back to cards. Bath & sang, drama & war cards tonight. Had to take Aspirin or couple of times.

SAT., APRIL 9th

Easter-Saturday

up to see to it fact found to my surprise that early was on, so it was an easy day. To Church at 7. B' had odd job, inspection & didn't get to work in my house till after 11. Had done cards & started report. Had a sleep after lunch & wanted more. Found time getting after tea! We had to get 2 quilts from Hosp. to help & washing up. I sang tonight. At 5:11 Harry & came up C/o deafness not much to see. Barma pinned up, & after dinner I went over him. He seems to well. Sent sketches this AM for a Kaneguin man but he said after all that he didn't want to come - think the sorcerers have been at him. Tonight missed most of I sang. Shinner started early & was a bit late - but had the lighting of the Nazareth candle & preparation. Working till 10 then a cuppa & Jean who has been doing inventory all day.

APRIL, 1955

APPOINTMENTS

SUNDAY, APRIL 10th

Easter Sunday (Easter Day),

ERORR

Professional

Private

What a beautiful day. My watch slow, so I was up later than I meant to be. Jan sent a cuppa & really did keep my mind on the services today. I could realize our Lord as something distinct. The singing was fragrant. If we don't get a message from Him, we must try to do something about it ourselves. But at 9.15 I fast leisurely, got inspiration done in that after morning tea little George, which had died a day. Got almost nothing done. Big lunch, changed & went to church. Quite pleasant but such a lot of devil talk. Frank & I got out of beam & were awarded me & my wife. I really hadn't a chance to take the microphone & speak. He talked of going at 4.30, some of us slow in saying good-bye & he went off in the truck without us & the 2 kiddies on

MEMORANDA

SPECIAL NOTES FOR THE WEEK

His back, which is frightfully unsafe. He must have plopped & put himself in the carbin, but didn't come back for us & finally Ken drove up in the weapons carrier. He looked such a fool & I do wonder what Jan said to him. I can understand his motive though his manner of doing it is just plain fool. Ken stayed for dinner. He & I had a cold bath. No one wanted dinner for full & then sat in slaps. I got a letter off to Dad Jan & I had 6.15. Well, here.

APPOINTMENTS

APRIL, 1955

Professional

Private

MONDAY, APRIL 11th
Easter Monday

Well, June: the kids have gone, & are sleeping in the
shop tonight. I was called for them at about 11 - ignored me
again of course, I won't catch my eye. Was a discharging arm too
We were called out at 2 AM to a new pt from Penguin. Such a
fear was he, born in a teacher who asked for me last boy in the
middle of the night when they had 4 able-bodied men: a
P.O. & we have 2 others in today. A busy day & got a lot of job
done. But no writing. Meeta doing meals & mended in a shop-
up lunch in town. Bill present. A slap-up after tea. I suspect
my aspirations, & odd jobs. Got to 6 song. Tonight writing
work & looking up a number of things. Bed late - 11 o'clock.
We had a discussion after dinner, & housekeeping jobs -
Meeta will do 1/2 part next week ends. Ken Saturday 1/2 part, we
3 take Sunday turn about. Meeta doing Mon. Thurs, Jan Tues
Fri, & Wed. & Sat. Jan: I share lunches.

TUESDAY, APRIL 12th
Addit. Pub. Holiday, Vic., W.A., Tas.

Pleasant day in a holiday air not only due
to school holiday but also to the smaller household. I
told Meeta that June's seat was not booked in P.A.T., she might
have to be off loaded at Pop. I don't think they would offload
her, if she did have a letter from Auntas confirming the
booked seat she wd. be O.K. The plane came at 7 & they hadn't
had 1/2 part. I did a quick round while Ken prepped. Melina
started him at about 1/2, he took about 1/2. I'm into that bit
barely put him to sleep. Had to go on to Etha. it was an
awful job getting him under. The plane flew an awful
lot, no previous haematitis didn't work but finally I
found that oversewing did. after a miffa tried to wash out
Mand's uterus but didn't get in satisfactorily. Wrote day 10
spent at my desk doing reports. I sang: sherry. More
work tonight! Angel Warrington's birthday party. Have had a
feeling of apprehension all the evening? about the 3
PU 8s who were all 104" at 6.

APRIL, 1955

APPOINTMENTS

WED., APRIL 13th

ERCRD

Professional

Private

I can't get rid of spasms of worry over patients - in dreams & in moods. A lot of nagging dreams before I woke this A.M. Had a fairly busy A/N Clinic, got the boys working & we didn't finish inspection till nearly 11. Did P.U. on Tibi & find one or possibly 2 feet free sagging. At long last gave Laneell his LA into his back & got the tender spot, but this afternoon he was c/o a lot of pain there. Wouldn't let me spend time all afternoon looking up malpractice & of course, Graham Cards & writing after tea & tonight, also other job. For the first time - saw a stool for mucus or blood. But she is off-color - unrecognizable. Edith Murray had a burn at dinner time - chief sign sweating, but as good as gold. Worked till 10:30. Tired.

THURS., APRIL 14th

To Copeland returned yesterday so I went to Mass - late. 2-2 bell went at 2:50 to work. F.C. & by nearly 7 he hadn't started so I came out. Got inspection done by 10:00, then did John Murray arm. Found fairly extensive dead & affected tissue. I think is localized Clostridium though I found no spores. Finished by 11, quite a bit as yet. Reports & writing till lunch. Summer returned no further news of Jim. P.M. slept till nearly 3, did some sewing, adm. a child Dorothy who I think is a TV, to fight. Tonight more work, have done bit of writing up & read 3 Journals - for once.

APPOINTMENTS

APRIL, 1955

Professional

Private

FRIDAY, APRIL 15th

A muddly, messy day. Wel. for. Lorna came as we finished to fast. Bought Mrs. Bell's mail. Lane & Bay but got the circumcision done by 9.30. I tried the pan off but the incision bleed & had to be sutured. All went well but I was worried of previous experience. Cuffed another at 11. Got inspection done in between. After cuffa just muddled. odd job. Got some drugs packed by the bank. Had a sleep after lunch & more to go from desk to desk. Depost her to lunch & brought my mail. Doctor fixed but no batteries. Linda making Kawakawa just little Goodwin. Has had carbolic. Paralytic. Wafle & Hypocent 50. O. Lawks. Jan & Ken both chg. back the toh. fired. Two women brought up. Ken went to Baberada to do it. Tonight have at last done the reports. Lorna came back - wanted for a companion. Wouldn't it. Bruce tells us many Mamba bakes have this infection.

SAT., APRIL 16th

Jan off. Ken. 9 on. Quite busy. Up at 6 saw to desk. Then to fast. I got to church - first English mass for week. Busy morning on this & that. Lark up the same. P.M. got some letters done for up the coast. Tonight odd job & showing Ken round. The P. is not so healthy though a nice lad. I got a note from Pop saying for the Peter flew out today en route to Laguna. The Chusholm arrives at 4 PM by transfer on Monday. Lorna's parents why, unless to meet Lesley. Jan still looks tired but better for her day off. Young Amelia a great asset in the house in C.M. & absence.

APRIL, 1955

APPOINTMENTS

SUNDAY, APRIL 17th

ERCR

Professional

Private

Day off. Spent the whole day in church, taking a
at the typewriter. Got the staff went down for the
the board. Gerald is taking some through to top in
A.M. Church over by 8:30. I am housekeeper. Had
quite a sleep after lunch. Did list & wrote off
advises for Syd about medical work. We had
some cherry before dinner. was a nice as well
- a really nice evening. I turned on some cream
the pudding. Zeila M. worse. It is so sad. I got
thinner to get & say some prayer. her tonight will
by P. that tomorrow. Tonight George King. Laban Gell
reported that Alfred M. & Mary V. had been together in
the bush all day. tonight, & Mr. V. is pregnant to him.
The people & Laban all missing from tomorrow. John
will check at M.N. O dear.

From 18th

MEMORANDA

SPECIAL NOTES FOR THE WEEK

3 boys who were absent last night at 1 AM - all on
diff errands. I.N. accused of having Mary Verene
pregnant. Mary with her in the bush yesterday. &
George King, Laban Gell reported it. A.K. saw tonight
- said yesterday Mr. V. was naked when they found
her. Feel like reporting I.N. to the Bishop as he
reinstated him. I.N. a business. I.N. slept all 3
got some odd jobs done after a cuppa. Tonight seen
people & long talk to Ken, & very useful. heard
the accounts - new job & can I say I enjoy it.
I saw sent me his typewriter on loan but I
can't make it. think it is locked!

APPOINTMENTS

Professional

Private

MONDAY, APRIL 18th

A busy-busy day. Called at 12:30 to Leta M. Her people mainly
 they thought she was dying but her condition when we got
 there perfectly good except for dilated fixed pupils - but they
 reacted to light! Couldn't get back to sleep for hours. Up later
 than I meant. Thought she might have had an abscess but she
 craps today. Thinner had buying of bands, amounting at 30¢
 & stacks of relatives praying! Good for him. I thing all's good!
 John Christensen walked on to the station. St. L going away at 9:30. A
 great scatter sending off New Brit, getting St. L suit packed
 sending for fixer, & writing to the Bishop. So thankful that
 the other want ready. Went by the Bay - Thinner had to borrow
 a battery from Anas - saw him off. Don't know that + I will
 be at him there. Neeta went for a bit of a holiday John
 going to Sydney to investigate the "fainting" attack. Got back
 at 10:30, quick inspection & not much else. Saw the

TUESDAY, APRIL 19th

The days are getting cooler - a pleasant morning & evening.
 up at 6, organized to fast & to mass. Loma came up so I gave her
 the 3 accounts. He brought fish & we got more in again. I miss
 Young Rhonda want to leave housework - she would! Last
 day got on the painting of the roof all day hot. Inspection
 I saw some T.B. gave my first lecture for months, the
 boys quite pleased about it. Rah 14, bought something for
 part of the mess on my desk. Grumpy over I fixation
 things, decided to try again - what new equipment I
 have. George K. M. did not turn up so we have no friends
 Leta M. just as noisy but Joan thinks she is improved.
 The Lumbarda people a nuisance. Thinner talking of having
 a barbershop - hope he doesn't.

APRIL, 1955

APPOINTMENTS

WED., APRIL 20th

ERORO.

Professional

Private

a muddled day. Jan thinks I'm a better job I don't. Shimmer came & had more prayers after I sang. Rhonda turned up rather to my surprise but she is rather sulky. O.P. A/N Clinic, Babe & new patients all falling over each other. Told Karegin VC I would report him to the Govt. & should report Beama too. Maryth came for her self but a bit default. She is $\frac{3}{4}$ pregnant & L.N. owned up after her evidence that he had intercourse & he at about that time. So I had to pack him, told him I was telling the Bishop. He told Jan Lucy M. is angry with him & I don't wonder. The pubes is grim for the pain of them. A lot of fish today, lovely. I think Lili is a transverse. Wot a life. Tonight have another letter. Mar 10-20. Mail today & my flock came at last. Wansoko is using saoro much - is sensible.

THURS., APRIL 21st

Birth of H.M. Queen Elizabeth II, 1926

up to see to S'fat & W. Mac. Why didn't him up to work when I told him to and with ago to Kasp. He got the sulks. Sent him with the village when I said OK to that he climbed down & came on duty shamefaced later on. Did I inspection, tried to examine TBs but men banging iron for new Teolaka roof which & an welcome going inside made it impossible at 11.30 in my book. M.M. got on but was long at last. Using the opportunity to clear the unrefined cupboard out & transfer it to Hospital office. Paul cleaned it. Tonight copied names from Embassy village book for Murchies inquiries & wrote to Kapa. Lili is apprehensive & pained but no contraction & settled on Bromide. Kanta M., a little better; she had her sedative & is eating well.

"Lactogen" is recommended for Nursing Mothers.

APRIL, 1955

APPOINTMENTS

Professional

Private

FRIDAY, APRIL 22nd

A good day, except that Ken accomplishes so little. Frank Feldy had an aneurysm. It is hard to find a basis on which to work - whether Ken is here for his own taking or for the needs of the Hospital. I did much. Didn't get to church. Got inspection over, saw some T.B.s. Lecture. I got some inventory done - the school counting finished. I hope. After lunch I met saw more T.B.s than Bruce. I got my shock instrument cupboard fixed & the things put away tonight and 3 relay books to the help of Mokri, Leong King. Supper: Jean & Ken. Talking mad and in P.M. Shingler quite keen on his, watched barbecue next Friday. Leda M. much the same except that she owns up that her brain is sick. Poor lass.

SAT., APRIL 23rd

A nice day off, leisurely yet kept going. A fast in bed & read "Every Man a Hero" - a most attractive story attractively told. I cleaned odd things - shoes, head lamp &c. - & got N/L done by 12:15. Neeta came back, had been only to Pop but enjoyed it, & brought today's mail! She is doing meals tomorrow, bless her. P.M. read Kath B's N/L. & interesting. Have written a few more letters, not much else.

APRIL, 1955

APPOINTMENTS

SUNDAY, APRIL 24th

ERORO

Professional

Private

Quite a slack day. Church over by 8.30 praise by
 + to Kap. earlier. O.P. inspection done by 2. to 11.
 After morning tea Mrs. Norrington, Mrs. Young, Mrs.
 Wallace, all 3 pretty bright blokes came to look
 at Kap. + T.B. land: village people. They had a coffee
 but didn't want help. The boundary for Kap. land is
 between W1 + W2, so that W1 + 2 is outside area what
 will I hope be mission land. Shung said he applied
 to D.C. for mission land. D.C. sent application to + P
 for signature. That's made it difficult. Then the
 Kings have given different area. Bende + want to
 give one long piece of concrete only (the one for the
 ward) + about 6 feet of land in front. Will ask the
 Bp. to see to it. 2 more? T.B.s in today. Kap. has
 working on the inventory.

MEMORANDA

The family went to the Bay. Wanted Mrs. Young
 to come to lunch but she didn't get here. The Koffman's
 sparking chain broke + we half expected the lot up
 to driver. Just as we started a vehicle came + we
 had a scatter trying to produce more food. but the
 weapon went out over the river. Perhaps Mr. Norrington
 is walking through the night. Haven't done
 enough work yet been sick. Glad to have my hypewriter back.

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

APRIL, 1955

MONDAY, APRIL 25th
Anzac Day

Professional

Private

26th

up to 70's wages at St. Mark. F.C. celebrating. Myself
pretty awful. Late breakfast. Kids back at school. The awful
long grass being cut, pruned by. Got inspection over, reviewed
a film from Lavinia's week. At 11.30 Lavinia
induced birth. It, she produced her baby in an awful hurry
soon after 13. The first girl for age. She pained & bled. I got
scared but it was only 26 oz. Lavinia extra-served fil. Both
lively. After lunch got, did Wilfred's foot odd job. Saw some
TBs. At 6 a crew boy came in - MK in! And then we
heard that med. boy reported foot bell to Ken at 3.30. Shuman
then didn't get away till about 7 (= 7.30). By then MK was
on the other side of the bay & no unloading done. Wrote letters
till nearly midnight & bed at 12.30. To sleep 12.30.

TUESDAY, APRIL 26th

To draw back round to hospital & make me. Left out but he
wasn't going to collect from hell after was. They got off. I
got to see Gilbert go. Think he will die soon. Meats got off
at 6.30 - to see Tom's school, share Bill's birthday. Took
me to plane my letter to P about TBH band. Early breakfast
but suddenly arguing. Lorna came in late. She has a bad foot
on Perinchi. Shores came - no DPH drug, alas. Saw TBs
after morning tea & finished them. After a rest, lecture, after
supperated water, mowies. I sang, sherry. Tonight got
in to work - stacks on my desk. I put the Calypso
pottle. I couldn't finish myself. I went to bed
5.30. All tired. From father's. Ken running short.

APRIL, 1955

APPOINTMENTS

WED., APRIL 27th

ERORO.

Professional

Private

up at 6:15, saw to 't' fast or. Had the usual Wed
 fundemonium of O.P. A/W & 1 W. i Eroro's perhaps
 injections thrown in. A muddles over giving them
 partly. Jean organized them, went ahead when I
 had asked her to let her know when the 1W part
 was done. Then she scrubbed up to "help" which I
 entered the book, & the beautiful organization didn't fit!
 Inspection & got Wgela drug ready. Odd job all lunch
 I got meals but not got fish in. AM rest, lectures saw
 Lili, not much else. Jean went to MV at Sumbawa.
 Tonight Harry's new Lehman Wally came, played table
 tennis & the men. We didn't know they were invited so
 left the men to do the entertaining. Wally returned 11AM
 Both showed up in O.P. Tony sent his cheque & feel quite
 rich! Tonight organized TBS & wrote a couple of letters for M.K.

THURS., APRIL 28th

Had the pine flies - little to show for I
 up to Maas. After 't' fast got on to inspection partly
 soon then saw sundry jobs separately. Organized
 all the TB changes. Examined & talked to Eltha the
 new TB. or. Mr. Nightingale & 2 men came to
 morning tea, & Tony & Lili then for treatment. Got
 away late, Jean got short lecture. Slept after lunch
 lecture, & saw to dinner. Men job after 4, had to
 get a large oral swab from Erilo as he couldn't
 Tonight have written for Oliver & Helen, that's all!
 Lili is quieter today. Mapt came, W in 'sent
 rubber stamps, marking ink or.

APPOINTMENTS

APRIL, 1955

Written 1.5.55

Professional

Private

FRIDAY, APRIL 29th

Capt. Cook entered Botany Bay, 1770

Tried to get through job quietly but somehow they
strung on till 11. Got letters on board before then.
I did correspondence till lunch. Then I wrote
household order. I called Ken to do Hospital job.
Things not too happy, he can't rise to the standard
I expect. Dressed in our glad rags I decided at 6.15
I was hungry. Quack not repeated till 7 so we had a
supper. They came late, David already silly & drink.
Shinner really managed it well. Ken helped him
up. Then insensible - bay - fever. They finally went
at about 11. I by the time we cleared up, got to
bed it was 12.

SAT., APRIL 30th

Ken & I on duty, Ken cooked goat's fry for 6 past
quite well too for a man. It saw to Hesp. got
to church. Then tried - insensible had to be put in
bed. Slack morning really. I got my office
furniture moved after morning tea. Went to
meals. Boat bell at about 2.30. Shinner already
there. Didn't get back till after 6. Zed. M. Name
walked up in the heat, just missed a visit
to Works men. I gather it did nothing in his
usual fashion. He drops TB food in
engine or charged batteries. Sam is radio active.
Sedg about us. 2 patients admin off boat after dinner.
Nech made supper then fiddling & interruptions,
finished mail & to bed 11.15.

MAY, 1955

APPOINTMENTS

SUNDAY, MAY 1st

E R O R O

Professional

Private

Day off - of a sat up 6.15 sent a boy off to Bas Bi
letter to George. Saw to bfact. why all praise to, got
everything under way well. Church and family phaply
got the folk off at nearly 10. Led going to Munkawa
Shimmer went, forgot his books for I had to come
back. Thanks for dressings & morning tea. Took
up fractures, tried out apparatus for Riform - can't
make it work. Damn it. Ken went to Bay for lunch
I am back at work after lunch but had late sleep.
Meph not a burden but muddly. Trying to be lazy
to hide my awful office. Wd underemphas that
fays had some relaxation. Portable supper Munk
in the way. Tonight wrote to Mother. Sili thought
she was 76. Thinks foches has died, so do it.
Bed to 10. after getting late report.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

MAY, 1955

Professional

Private

MONDAY, MAY 2nd
Labour Day, Qld.

Busy day but feel I've broken the back of the work involved in new pt - or should tomorrow. O.P. having a number of admissions. Started inspection after 9, & at 10 the shrink came his dressing, the kid's mums & what kept us held after 11. Mrs. showed us how to fix the brace. bit. Finished inspection & odd jobs till lunch. Went into Tom Nelson who has been making trouble. Had a rest, did the fracture, couldn't tighten up the wire but I went through the bit quite well. Late afternoon, bathed saw new pt. - saw Maxwell a new block in an awful position caused by accident. Quick x-ray before dinner. These are becoming rare. Tonight did a lot of make work, wrote up odds & ends, & wrote a couple of letters. Why playing up today? Meats, even brought his Mission things over then reported & came back on duty. Demanding holidays but let's hope he won't again. Zeila Mr. pretty well normal please be. Mrs. K. came 1/2 AM

TUESDAY, MAY 3rd

up to mass except for sewer or Papuan. There only are 3 girls. Busy day: lot of interphases & inspection done by 10/15, then put away dead brace from Auntie Gugu's foot. Went to that. It is a weak stuff what I had news stuff in order. Doves have caught up on all the pt & examined them. Finished 5.30. Pan: Ken had as a car as they have come to a quarrel after the subelave. Ken insisted on doing it the wrong way! Pan took it out of his hands. Tonight did much work, other jobs, & did a Pap. office. Drove respectable. With the houses are were bit in miserable & supposed to have bad stools. Saw one & mums, no blood & put her on Chloramphenicol. Had some blood for roaginally? show. No contraction but apprehensive stools as if she were 16. P 12.5! Don't like to induce her: a bowel infection. Carefully thin. Will wait today

"Vi-Lactogen" babies are not troubled with constipation.

MAY, 1955

APPOINTMENTS

WED., MAY 4th

ERoRo

Professional

Private

am tired, more than one would expect after a family good day. Got AM job done well. A.N.s 11:00s & Perthesis injections & insp. Gian: Nests went to Pass B in wakafer carrier & back in Russian truck. I gave a lecture. A bunch: Erythro - he is a sunny blighter when he chooses. Late lunch. Late rest! Did some cards. Rest of afternoon mostly in the sun. Gian brought in black palm for new Isotek. Tonight looked at amean ad lib. P.D. Sili. She is translatable & decided to wear skin for tomorrow. She is relieved. Hope it comes off well. Did some cards. Supper: Gian. Bed 10:15.

THURS., MAY 5th

Feel tired, goodness knows why. A hot day & news a hurricane for a storm. Gian: I got quite wet coming from the hospital. up for mass. Sili had a med skin - no result so far but 3 stools & evening had one pink & amebae in it. Yesterday no stools! She now looked as if it had passed. She looked dreadful today a little better tonight. Muddled morning: bag, & bag of Perthesis kid Gian late weighing late. Mr. Gray came in: a pretty ulcer, had to excise the base & round it, & separate the other knee. PM slept heavily till 3, did cards, after: evening. I saw intertrigo. One thing about having my office in my house is that I get more peace.

MAY, 1955

APPOINTMENTS

Professional

Private

FRIDAY, MAY 6th

It rained all night & everyone slept in this A.M. I didn't wake till after 7. School Holiday because of the Kopure fear & all the world is going Kopure-wards tonight. few P.P. & work done by 9.30. Lecture at 10. Did cards 11.30 onwards. tonight started the report to Fred & couldn't finish myself in after 9 P.M. don't know why. Mr Gray didn't get in. Meets did meals: it was for holiday. Lili worked, not! L.

SAT., MAY 7th

A nice day off, though I got a lot less done than I wished. Max mislaid my pen somewhere. Breakfast in bed & glad "The Coral Sea" left 9.15. washed head, bathed & unpacked & then to letters. Mr Gray in for dinner & also for afternoon. Francis & Larry called this afternoon. Kopure fear is postponed or prolonged till tomorrow.

MAY, 1955

APPOINTMENTS

SUNDAY, MAY 8th

E KORE.

Professional

Private

Quite a slack day. Jan doing meals. Wet morning, lovely day & glorious night. Got Kap job done by 11, on to reports & have almost finished them by morning. Snow & the others called & took Jan. Ken to Kapuni to see the dancing. I let the derby boys go too but they probably came back in time to do G's black job. Nash & Bill went to the Bay. We are feeding 15-1 ft as well as TBs - which get some out.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

MAY, 1955

MONDAY, MAY 9th

Professional

Private

Good day. Inspection over early. Asphyxiated Zechman's rept
for all night saw TB germs in it. Lecture P.M. did report
rept them ready for post. After dinner more letters.

TUESDAY, MAY 10th

up to mass did not receive. 2 boys took on mail to the ship,
negotiated the plane came & go, didn't hand over the letter. And
Saturday's didn't go. Tomorrow Levi takes mail journal to Pop
Lunt ship. did old man's care & had night, little Henry
thanks to admiration. More theatre jobs. P.M. received Lucy
man's file. Horrid job, fiddly & messy. A wonderful mail
- chiefly Dr. Guntz's letter saying £30,000 available for TB!
'if we can increase age we can go up to 180,000. DC & see
Kneeggs Dr. Wilson, which Marshall to go to Worechy. Bp wrote
'will be down next week to hopes. Radio from Dot T coming
just boat. I fear an pneumophysea something. Letter from
Dr. Hovston re plans for coming here. Writing letter bet
after 71. Ken not pulling his weight at all. Must
speak to him.

MAY, 1955

APPOINTMENTS

WED., MAY 11th

E R O R O.

Professional

Private

12.5.55

Wot a 2 days - promising to be slack & steadily getting busier. Left A at the usual pandemonium of anti-natal babies, Pertussis injections, & inspection in same training. Sick & alcoholic but more sick than alcoholic. Had a spot of writing 11.30 while Jan had before. Just having lunch when Jan brought Ray Stuart who fell off a drum at the back of the bench. Took the fall on his neck can't detect a fracture but got a mighty shaking. Refused to stay in Hosp. Jan took him home at 4.30. Also brought Wally. We talked normally together, thanks to. Now often wondered if a medical crisis would override other considerations. Jan came into labour & produced a 3½ lb. girl at 10. Bed 4 N.

THURS., MAY 12th

Up at 6.30 to see if Ken was fixing Tommy. He is endlessly painfully slow. Week has been off him at 7.15 going AM, with 1 aspirin & 1c. Baby's reaction but will keep Jan busy. Jan busy looking after Lili who has meningitis. P.M. saw Muriel & Elsie about Erica May who is to go home tomorrow. Stephen went today. Late rest, lecture after after tea went to Bas. Ben the kids I think they were glad to see us. Ray miserable. Left ½ go. Morphine for the night. Tonight odd job + +. John Backed to go to Gona. I have written to John. The Bishop was 12.30. Gerald not back.

MAY, 1955

APPOINTMENTS

Professional

Private

FRIDAY, MAY 13th

Crappy day. Wakened at 4 - David? TB screaming the place
 dark & abdo pain IVAD sedated him. Lulu was fairly
 violent when awake & Tammy improving physically but
 crazy tonight. Language awful & growth disoriented
 a day that shd have been easy wasn't. Interruptions
 ++. Lorna brought the kid for an exam. I got to my desk
 thirteen times I was called away as quickly. No
 Gerald yet. Leri came but no mail but a cryptic
 note from Rodd. John B got away at 7. Jan Ken, I
 all getting impatient & each other! Premari doing well
 Lucy M. & artists of? origin

15. 6-55

SAT., MAY 14th

all in dark. I did to fact what Ken tried Tommy. I shd
 wandering but kept sedated T. → 103. Put him on the 6-
 mycin. Kept busy little to show for it. Got a few cards done
 & interruptions. The truck arrived at 9 & Mesta spent the
 whole blessed day preparing lab. Certainly the result was
 or med but - B. O. & weather poor so he didn't come. No
 mail. Had a sleep P.M. Sent Melvin & David off for X-ray
 today & Lulu so had most letters to get her off to Moscow
 on Saturday. Waiting till 10:30. tripping Lili, who
 had med shot in A.M. After lunch tried A.R.M. forced finger
 through or would I find membranes. About 6 a bleeding wh
 sealed me off. Had a few contractions & trying all the
 time to hear down. Last the graph at 10, no contractions
 at all.

MAY, 1955

APPOINTMENTS

SUNDAY, MAY 15th

ERERO.

Professional

Private

Jan called me at 1, Liti obviously on the way out. Did
card while I waited, & Jan died. She died at 4. Poor dear
Had husband's permission ^{incised} & excised & extracted a
dead & a large baby. Partis-smelling bloodstained fluid
2 placentae joined by fibrous bridge. Rm really.
Bed at 5. Slept till 2:00 AM when Neeta brought tea. Then
by Jan slept the church. I got there at 2:30 to 8:00 slept
the sermon (50 mins of it.) Oppalung day. Lenny &
dopey but natural & T down a bit. Ken clearing things
under & being ordered about by all 3 of us who are bad
but otherwise things don't get done. Slept 1:15 - 4:20, when
Neeta brought another cuppa. No T'sang a. I was bathing
sherry another mid drink dinner, odd job. Bed 7:20 &
still & sleepy. No Liti burned at Bateria.

17.5.55

MEMORANDA

SPECIAL NOTES FOR THE WEEK

Merar Jagan arrived mission 5:40 filthy smelly
& dog with my shoe sole on off to. Miss to bath eat
rest & talk till 8:30 & now to bed & P. dms K'lon
tomorrow after.

APPOINTMENTS

ERORO-GONA

Professional

Private

MONDAY, MAY 16th

Up 6:30, odd job finished inspr. 10:30, had a passag. of arm.
 - Jan who assumed she was taking charge of Tommy, I told her he
 was Ken's car & it was not for her to interfere. She is
 very upset & silent. I think in her heart of hearts she
 knows I am right. Ken is a problem, but he has got to take
 some responsibility & this is a clear case. Gave him detailed
 instructions & hope he sticks to them. I had to treat him like
 a prisoner for he left Tommy for an hour & his dressing &
 bandages all over the place. I think he wouldn't have got to it
 then if I hadn't spoken. So we all bully him. P.M. had a
 sleep. Jan went for wood & didn't have one. After afternoon tea went
 to the Bay. Mr. J. up & about. Jan N. & I all together tonight
 odd job! & not to bed till 10:30 alas. Carve came
 tonight for Vincent & Co but doesn't return till Wed.
 Arch B of Neph & ill!

(15:45) TUESDAY, MAY 17th

Wot a day. up at 4 (Muriel in pain & away 5:15). Just got
 started over the river & found paint byt was leaking.
 Pumped it every mile to paint. Couldn't get the washer thing off
 to mend it. Spaw overtook me as he picked up David & gave
 me a lift (!!!) mended the puncture at the ship. Saw plane
 came in one man. Spoke to the N. tot about 6 P.M. Got away
 8:15, crossed Lamboaga in good time then patch lifted.
 Snow had made washer for night again. Even though I had
 perfect weather at times was utterly exhausted - real
 real exhaustion, pumping blasted byt every time I stopped.
 Got to Guma at 1:30 through awful slush. Crossed at 2, a
 nice Lofuta man came at 3 as I was lying beside Pop road.
 He gave me a coconut & I was lying for. Brought my thing across
 Guma then by a special kindness of God a Galt bunch brought
 me to K'lon. Felice has helped me to Basabaga, Carley trip

MAY, 1955

APPOINTMENTS

WED. MAY 18th GONA POP.

Professional

Private

Well, in Bishop. up for Mass pretty shift & can tell you
 fleet & well. Good service. Mass 8 P. 11 P. All 11 & Jasper
 attendance. Saw the new M.L. — Fr John putting down
 concrete 41 will be in mine. As we got up from Church a La Co.
 rushed to finish packing, found it was going past save gas
 to rush off to Klon & the boys decided it was the Anual. Had
 a disturbed shot west. Gibson's 7-day old baby came in &
 pneumonia diagnosed & in sick. Gave I.P.B.Y. pipette. Has
 picked up a little tonight. Gibson thought I was dying in rail
 & baptized it in one of the big river. Polycarp. Saw 1/2 arm
 & J. Phthah about training at Erone. Bath, E. seng, or. Latash
 dinner. Trying to prepare confession in odd moments.
 Tonight in Mass. Gibson told me about Fr. Gell's aster at
 Manan & marriage & viridly Mr. Red 9-30. Message
 from Rodd - Bishop delayed all things.

THURS., MAY 19th

up for 7 AM Mass (Acensian) long service
 & sermon all 9-30. Late 1st fast, Mass job right up
 all lunch time seeing O.P. for quite a time after
 lunch lay down & many interruptions. bath. packed
 & still no boat. M.L. sighted about 4-30 & went
 straight past. Fr John had mended my puncture,
 bless him: we swallowed an Bear. He rushed off
 ahead to tell them to wait for me. I rode off,
 got hot & panting & harbl with the ship's seat.
 Basabunga gave me a badly leaking canoe, so I had to
 bale all the way across the lagoon while a nice kid
 named Marjorie took me across. To Pope Rodd + P. T. Bryan
 & Bob. Eric came back to Gona. Told a Pal dinner about the
 £180,000 & he was duly staggered. Conversation was in 1st
 of the Pope all the evening. Bed 12-30 in sitting room.
 maddy much better.

APPOINTMENTS

MAY, 1955

POP-GONA-ERORO

Professional

Private

FRIDAY, MAY 20th

Went at 6:30 Mass for the Ascension. Finished quite late. Found that F. Eustace did die. Mr. Ransom. Mr. Jensen came to see. P. I talked to them for a few minutes. Told he was ready. They said Hamilton Wedgwood died last night. Late 6:45. Finally got to Dr. after 10:30. a lot of rough about discussion over the 3 blocks of land. Agreed that he would go down in Kahuna tomorrow meet + P. talk about the land. Went in. Called on Mr. Brannell for a few mins. He later decided to have lunch. Waddy sleep at Gona. Arrived Gona 3:15. Saw a new muscivora case, cuffs. Saw Eric, who is to thin. Bishop tried to out-off-said. He seems to have decided on the 200 bed Hosp. Have been to the farm Hosp. & not much else collected. The air Bay mail man for in Gibson's baby improving but not as quickly as it should. X-ray people back but film poor.

SAT., MAY 21st

Wrote a day. Left at 2:45 to help. 6:45 found nothing. Late morning. got away 7:30 instead of 6. Good trip & wrote letters. W. & H. Kahuna arrived together. Mr. Monro, the which W. loan of 5 field & Jan did all the muscivora. Went to Kusega where we were. Paralyzed the people. Went did best. To Bendle, people obviously didn't want to quit. I told Lucas suggested Hospital land which we gave back. Measured it - 30 ft. along the road roughly 32 acres & if water is satisfactory. I ought to be good. Must keep it separate from S.M.H. Thank God. Went to lunch. They got away & we settled down. + P. decided to stay till tomorrow night. Praise by. Jan and me slowly "confessed" that she had given advice when Ken asked, who was O.K. & then cheered up. Didn't get up till 5, admitted them. Mr. I in all the way. Left job tonight. Bed 10:15. + P. investigating reports of phlegm.

MAY, 1955

APPOINTMENTS

SUNDAY, MAY 22nd

E R O R O.

Professional

Private

Up to see to breakfast & see Mrs. Lachy to have a service
 where every word even in another language mean something
 + P. bless with the people for polygamy. Didn't think he
 saw any individuals. R. H. K. K. K. day, I did most of
 meals but Jean made some + I cooked most. + I asked Jean
 about the Mesta-Bill friendship. + I saw + P's mouth + talked
 N.B. affair. Think I should go over. + I said if I did to go by
 Catalina. Asked how Ken was doing. M.K. bell rang 4:45.
 we went down. Went aboard + saw Mrs. Lane, met Jan Waken
 a cheerful energetic bloke. + the Harp. + Elsie all looking good
 + well. Back by 5:15, got them in supper + settled them in
 Lofotap evening. Bishop Erie went at about 10, + I blessed
 the new ones in the church as he left. Writing + till 1:30
 Elsie came in 12:30. Jean drew + P. down + the other
 returned about 11:30. Had another app. then Jean had to
 feed baby.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

MAY, 1955

Professional

Private

MONDAY, MAY 23rd

depart 6:15, odd job till 6:30. Baby went off at 6:30 in truck
to get his things but they weren't unloaded so the folk got off
again at about 9 hours. Heap job all before. W. E. Jones
babe who's other fed piece. Dot did sound in us 11:30. I saw
Warner's kid. I had a bit of a slap & read my MK mail. Took
at some things in ship. Job was to do. Made tea - Rubie
affairs before. Saw Dot who has something pathological
in terms & maybe human. So I say to prepare for that &
talked to Dot after. He doesn't want to go to C.A. but is
awfully sensible & brave about it. May the benign of course
agreed finally to be prepared to go to the Dominion. Both for
Heap job writing mail but too tired to concentrate. I found
my pencil pen have been there.

TUESDAY, MAY 24th

Up for Mass 51 for Dot. Snow took me to, Baby & Betty to
the ship & brought the news that the Kokoda was in our camp
aboard. I went down & got back late for 6:30 when Baby came
back he brought the rest & got a few unpacked. Busy mindfully
morning. 2 ops on ulcer. New piece of temp 104° & not so good
infrared tonight. Mail came, the doctor had some letters. I had
been in sick & had a small reaction & an ileostomy. I think I'll
assist for being passing blood PR for 3 yrs. hasn't mentioned it.
Twelve & up. Baby went back to report much better. Bless him
MK camp soon after 3. David had the truck for loading copra &
brought Betty up & lot of ph. Adm. then & even picked up a
bit of correspondence. Got all 3 meals today. Tonight saw Heap
job & writing letters for MK till 11:30. I had a relief to write
p. Oliver & spill the beans here & there. Betty & Dot & good
at helping in the babies. Run clacking

MAY, 1955

APPOINTMENTS

WED. MAY 25th F R O R O

Professional

Private

Up 6:30, odd job. Fixed my mail & to keep the mail
 Wed. morning rush - got Lancelotti. I did Perhassis,
 Jean & Betty Weber. Got some drugs unpacked. Had a
 bit of sleep PM. Shimmer returned 12:30, looking quite
 well. Saw Betty, everything OK as long as her external
 diameter can take it. PM seems a big babe after the
 Muppan ones. Saw Grahamas. Tried to get a messenger
 for Pop, couldn't. Bath, did urine 5-6. Learned
 rain. Worried about the Eutli premie. Bad
 stools & high temp. Last 3 m. In Chloramphenicol.
 Tonight unpacked some parcels, wrote to Berd. Too
 tired to work. Turned by 9. Got away from
 here at 11:00, saying "Pray for me!"

THURS., MAY 26th

Another busy day but getting things to
 order. High little premie a bit better. Betty H. & I am
 alternating MN feeds. Betty P. is doing lunches. I all
 sort of helpful odd jobs. Up at 6:15 & to Mass Lab.
 Got May's new admissions & inspection finished 11:15.
 Saw see most of TB. By way. Nest out of oak &
 obviously jealous of so much help stuff & I suppose feeding
 unimportant. Jean Shunk & P spoke to her about B.D.,
 certainly she has been more watched since then. Offer
 oak box. Shimmer took Ken to Bus. B. brought to "the
 blue" - hope they have the sense to keep sober. Not bad
 yet 11 PM. Thought have written to Dr. In the Dr.
 Wilson & Dr. Rindell. Could him up - say he was
 sick for a week. Same old story. Jean & Betty H. have
 2nd throat. Jean is miserable.

MAY, 1955

Professional

Private

FRIDAY, MAY 27th

A busy day in which I have chased myself: not got much forward. Jan & Betty 1st have rather cold & Betty went to bed before dinner. I am doing MN feeds. Bob did by pen 19! Inspection late, before that saw Elkin & various teachers. Saw Maids & discharged her. Saw Gubier. All drugs unpacked but not checked against list. Tonight Stanley found in cerebral malaria running for 48 hrs. & house job. Talked to Ken like a fat aunt about talking responsibility but I don't think it is in his nature. Tried to get him to face up to implications of Gorka but he certainly didn't do it. He saw Bob at 11.

SAT., MAY 28th

Very hot today quite unseasonable. A busy day accomplishing little. Betty stayed in bed & I think more for rest than illness. She is Jan both father tonight. Bob was up at MN to help feed babies. He is a sport. And spent the day on the operating table, cleaning it & making it work. Nelson a little less gloomy but off her hat. Ken very much of attention. I helped, trying, poor lot. I helped in babies' feeding. Rather hot-up! Mrs K. at home. Some drugs missing. Didn't get to E'sing. Geny, King came tonight to talk about office job & anything kids others as well. Interrupted by arrival of Bance who was put off at Pop & walked through, & please & hurry. Goodwin sent to Banana again to keep Linda W. company. Excellent idea. Guppa & Betty P. Jan & bed 10.30.

MAY, 1955

APPOINTMENTS

SUNDAY, MAY 29th

ERORO.

Professional

Private

9-30 P.M. V holiday, the night as I had Miss K. came this AM. I to Fred, I did to post & lunch. Gray did dinner. I got up. helped & bath at 6. Fred came while we were in Church. Organist Paul's holiday to start tomorrow. Tonight George K came. I start tomorrow & that is a help. Checked drug boxes & can't find missing ones. Bruce didn't come on duty. quite a battle of wills, finally came on & an apology. We must be more explicit before hand. Got him helping in Disp. P.M. he & Bruce got a fair fit done. Mr Gray & David & the mechanic & Mr Baker here for morning tea, lunch & 2 of them a pb. After dinner I tried to post GK & old letters & wrote to Mother. Poor old Jim getting up at 4N again.

30th

MEMORANDA

SPECIAL NOTES FOR THE WEEK

not to go but in an individual case one wonders. I'd hate to try to remove a PT from an incarcerated woman in the village.

1st June

That if he went to the Bishop we must have some solid grounds to complain of as it is virtually asking the Bishop to sack him. Poor old Gray but up & tearful & says she can't take any more. I feel that more is at stake than the welfare of the Hospital. If we can pin down something on the missing Morphine that got so different. Ken avoids working after tea now. Rodd took for the day to Kopu for eye which checked. Glad to tonight a bit of writing & a lot of petty complaints.

MAY, 1955

APPOINTMENTS

Professional

Private

MONDAY, MAY 30th

Still hot. Threatened storm tonight didn't come. Slept 11:5 to 7. No prayers. George King started. I showed him round & late getting to inspection finished 11:15. Mary & I went & spent morning tea time working to R. Hugh. Got mail off & I saw. Did some cards before lunch. P.M. sleep heady 10:10 to 2. Saw Betty's discharge in micro. Mr. Baker came asked me for fee. I said 15/- This man Jan constantly upset by Ken. He broke forth tonight. I suggested we must put up with his bad ways & patience for the sake of his vocation. His appointment was in P's hands anyway. Tonight did micro & cards till 10. Nan & Helen came in to say Nym's wife had by late returned P & I leaving badly. I wanted to bring her to Hospital, the women wouldn't let her come. Sent John B straight back to N.D. & ergonomics morph. Merrill. In private I'm sure it's right for us

TUESDAY, MAY 31st

The highlight of today is that Bob has installed the phones & 3 are going well. One ring for me, 3 for Jan, short long for Hospital. Vesta rang up & invited me to cherry. Those 2 get tried but work well. Rep for Mrs. 51. for Magdalena. Ken did prep after b'fast, I did o.p. Linn's inch. & the bag. I got 3 ma under way. Did Nohuda's skin graft. Magdalena arrived at 12. P.M. anyway after trigonometric. Her condition good & baby is good. Thank God. Loma up & we arranged mail bag affairs. Did Robin's leg, put it in new plaster minus 20 mins. Sleep, odd job. Did cards. Finished them 10:30 & was tired. Things working up over Ken. Jan & Betty got to the store, basingful of bad food & bad shelf fish & med. long commencing. R. Shuma getting all water, who is good, natural but they don't help each other. Morphine disappearing & keeping a close check

JUNE, 1955

APPOINTMENTS

WED., JUNE 1st

ERORO.

Professional

Private

Slept heavily but heard Jim's phone ring twice through the night. Bob is getting another phone in order for M.H. busy morning - spelling kids, but got L. Hines down by 10:14 inspection by 10:45. Rodd arrived & engine, which was mine to have him. Had a lecture Ken came to see me in the middle of it. I could see something had happened. Heard about it before lunch. Jim told him TB food was short yesterday. There were words, & he threw down the book & refused to do the job. I talked to him afterwards & told him he would not be given more responsible jobs till he could do that properly. That it was petty. He looked fearful. Tried to pick himself over prep. I think he cannot bear to take orders from Jim. He can't bear him anyway. He was all for refusing to have him in the Hospital but I felt that he humbled himself to take back the job. Should be allowed to

THURS., JUNE 2nd

up to Mass, all the white staff then but nests. Betty P. who hasn't been in well today. Cold & feeling dopey. Good job, finished Gora drug. Pop's - L. inspection, Lecky P. busy on odds & ends all time - remaining. Preemie well to Lucy Wang for her first feed & did pretty well. L. M. shelled to bit. Did an aspiration of chest & didn't get to Betty. I'll after 4:30. Her pelvis seems O.K. I taught odd job - doing receipt mail for Rodd. Bob got on the air today. 2 pill batteries. Called Samson but they weren't listening. Will try again tomorrow. Inquire going well to Blessing on Rodd. Wake me up to have come up tonight but I think they didn't. Have decided I have day off tomorrow & the 2 days the week-end one day each. Got 71 from Mr Baker.

APPOINTMENTS

JUNE, 1955

Professional

Private

FRIDAY, JUNE 3rd

Day off. Left at 6:30. The little girl was clashing. Cold job & letter-writing all day. Got about seven letters off, some of which have been on my conscience for ages. Wish I could get some more done. But spent hours in changing batteries & all the while Way given sched times this AM. 11:30 AM & 3:50 PM & sent our radios out this afternoon. It's a real thrill. I am getting everyone busy cleaning up the back grounds & the unspeakable rubbish dump of the Mission House. Carled two truck loads away to the swamp. Mr. Norman & Mr. Fielding the new Ag. man at Pop. came in at lunch. He is a fine fellow. I seem to be well bloke. Mr. M. Knapp Bob. West was cheerful - was feeling neglected I think. Tonight 4 of them went for a walk in the moonlight. I had supper to them in the Mission House. Harry, Jean & Amy. Shanna is cutting up good. I fly to make a card for the club & said he was head of the station. I don't forget what as far as they had a right to go.

SAT., JUNE 4th

Betty: I am busy, & Ken, helped in later Bruce. I got drug order done, not much else accomplished. Jean was happy, just what she needed, but didn't get Ellen's calico done. Tor tried to write last night. Susan brought in Nicholas & crushed finger & actually waited till I arrived. Very pleasant these days. I am glad of that. Bed about 10:30. W. had an evening job housekeeping, not a very happy one. I refused to count entirely weekly - can't even get my back inventory done. Tor tried to care. Betty & I afraid of housekeeping & not in writing.

JUNE, 1955

APPOINTMENTS

SUNDAY, JUNE 5th

E R R R.

Professional

Private

Went 11:45. Slept till 6:30. Went down house. German only to home. Helped feed babies at 9:12. Got some offered work done, but reports not finished. After afternoon tea. Note to both Bishops re Ken. Ken went to hospital after lunch for chlorodyne. Day to has bad stools. Can't help wandering. M.K. came in. Led on board. Tonight have written letter for M.K. for plane 1 & on. Meadach tried. Am feeling too full up of work to rely on my judgment to be unbiased.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

JUNE, 1955

7.6.55

Private

Professional

Private

MONDAY, JUNE 6th
Foundation Day, W.A.

Up 6:30 fixed mail & odds & ends after b' fast rode to Bay B
saw George. Had to rely on S.D. Ash, rest made M.K. back on
canteens. They were Helen & Mary on board, pick of kids. Back
10 AM a busy inspection, saw new pt. PM sleep.
M.L. came 2:30 but no one knew h' after 6. Wrote letter
for M.K. till MN. Talked to Brown & Molly about
going to Roques. Discussion last night. Jan about
writing h' + P. decided to send her letter about
Ken ask him not to read them till after ordination.
for dear Betty doing a lot of housekeeping. Got
receipts off to O.P.H. John Max, a list of items that
did not come.

TUESDAY, JUNE 7th

Up 6:30 morning rather slack, for a change. Lunch with
some brought charity up. I started his prep work under G.A.
Lachy kid. Odd job tried to get to office 5 success.
Lecture 11:30-12:30. Slept heavily PM. I to work at 3.
M.K. per by 3. Ken went down. Thuma: never a word
to anyone & when ph returned he didn't come to help.
He just passed a clue. 10 ph arrived 5 PM, saw
off them sick. Bob & Betty H helped & fed babies. Lunch
did lot of office work, got Br. M. off. M.K. said after
MN. Games of Liai asked to be taken back. He is en
route Roques. Decided to say my praying to talk
to John first, & do a long probation. Shang how
or many came back.

JUNE, 1955

APPOINTMENTS

WED., JUNE 8th

ERORO.

Professional

Private

Am too tired to push myself along tonight. I got to fast. In a critical mood. Of course have found plenty to criticize - mentally at any rate. It is a blessing to have Betty who saw to cleaning the stove & got lunch. I'm in tonight. Bless her. The usual Wed. bedlam wasn't quite so bad today. Saw all the new pb, 2 quadrinoid ones & a sick champion arrived 2 PM & going for himself. Shimmer. Ken went on walkabout to Bannan. Swas came to pick them up but they declined & went in the truck at 4 PM. The H.V. gave Betty May a party tonight, so Betty & Bob. Palm for dinner. Last report tonight till 8.30.

THURS., JUNE 9th

B'fast late, as fire was bad. Rain started at 8 & kept on steadily till 2, a lovely fall. Weather cool & cold. Everyone is cheerful & enjoying it. Tanks filling up. I've got George K on to a few office jobs. Late inspection but done by 11:10. Saw ph & Betty & odd job till lunch. Lunch after hoop-up. Heard Gammis who lesson after a supper. Actually got some report done. Got them finished tonight except of course the H.V. one. Got to house & work to + D. Pat D. Bed at nearly 11. Gran had a long talk about Gona, picking up the prints.

APPOINTMENTS

JUNE, 1955

Professional

Private

FRIDAY, JUNE 10th

I am just stupid & weariness tonight, goodness knows why I think because I have failed to do what I set out to do. a good day, really. But anti-kids early cutting grass! Bafly doing meals. I did d.p., sleep, quite insipid & odd jobs after morning tea given to preparing I figure things, only 1/2 done by lunch. A tedious job. Betty I show herself harsh & immature in her judgment - sleep in morning, I suppose after lunch a rest. Lecture till 3:30. To bed after coffee. Heard Father & he & I had again the E-song to do I figure things. Can't get the bit before a clean. Tonight wrote to P. John, not another thing. A storm in a teacup in that that year investigated. I just stood there for half an hour in bed room after a, after clearing away all the I figure muddle. Next returned at lunch - but full of go but obviously determined to let the help staff carry the burden of meals.

SAT., JUNE 11th

A good sleep, a day off. Betty & Lesley did to put & send mail over. Washed my head, actually sewed all day, mending a stack of clothes, making some new covers for my sitting room & I is lovely to sit at the machine again. Got lunch & dinner & had to run to Hosp. a couple of times. Tonight wrote letters - Bob is one. John & Betty went for a walk so she was late in a P.M. feeds. I got the report from her at 10 in Hosp. who made me cross. Have been v. selfish over my longing for rest & peace, I still am. Very glad of Mrs. Lockman's pudding for dinner tonight. Shimmer & her pack, the Wanders fraction in order again at long last.

JUNE, 1955

APPOINTMENTS

SUNDAY, JUNE 12th

E R O R O

Professional

Private

Gran: Betty P had a picnic by the river, it did them
 all the good in the world. Betty H Ken, I pers. gran.
 Betty V left in Feb 5-67 when I took a sabbatical all
 last for church. S.I. for the 3 new deacons. Doreen called
 me just after I had communicated, to Father who collapsed.
 Thought she was dying but she rallied & died at 11:30. I
 grieved but also I had school, & related pain
 the other I baptised it after lunch. Sunday. Under Gray
 David, Mr. Baker & his "girl" friend all to lunch. Had
 short hoop-up at 20 to 31 head 10's not asking to come
 back. I as he passed called him in said he must
 know his repentance & to ask us again in a year if
 he hadn't slipped in the meantime. These bap do
 play on one's heart string. Tonight wrote to mother
 odd job, not much else. Bed 'til 10. Still tired

MEMORANDA

SPECIAL NOTES FOR THE WEEK

JUNE, 1955

Private

Professional

Private

MONDAY, JUNE 13th
Obs. as Queen's Birthday, to be proc.

Feeling less tired. Lot of hold-ups after 1st part. Saw log & painting. Joan tried to tell me to change its feeding. I was so angry - justifiably so. At morning tea she apologized but obviously missing the pt. I said she had been unprofessional. A real break but somehow perhaps thanks to grace in her it was healed lovingly & further work. I wondered if I shd. apologize for not accepting her apology but otherwise feel I was right. Unsettled business. Asperated John W's grain & when we got him in the light of the theatre out of that miserable dark room was shocked at his appearance. Started inventory. After dinner did correspondence.

TUESDAY, JUNE 14th

up for mass. To Hosp. John B. reported John Murchison's pain. It was too, went above pain. Kevin had enlarged enormously, but I think the pain was deep to it - ? Embryo from infected grain. Decided to give him Morph. To had prayers & comforted him. He slept & died at 2 PM. I thought yesterday there was little hope for the kiddie. I was called & odd job mail only a letter from Mother & one from Ned. Shoes, asking me to check last shoes they were here in Metaphor boxes! As sent a radio P.M. Got some newspaper signs. The interruption seem to increase. Longest first boat mail set exam paper. Trouble - food. Ken called for diet & home. Didn't get it so didn't eat food. Finally died at 6:10. The wretched patient didn't look it. A lot to go on M.L. Murchison's prayer be.

JUNE, 1955

APPOINTMENTS

WED., JUNE 15th

ERORO.

Professional

Private

Better day. My day in the house but Betty did both lunch & dinner. She told me after breakfast that the membranes ruptured in the night. No pains yet but the head has settled well in pelvis. Jean shared her tonight amidst much hilarity. Blended with Ken for parking up in O.P. at 8.20 - Wednesday of all days. Told him if he was unworlably detained he shd. apologize. Big A.N. & lunch, Perseus in. & inspection. Eran at 11.30 till 1.30. Jean relieved me for lunch. Late rest. Spent whole after. & some of the evening getting transition things ready. Did some cards. M.H. & I but got a "remark" at 4 to say she would be here in A.M. Good to hear some news. Koitaki nurse came & mail the R.M. prep.

THURS., JUNE 16th

M.H. came this A.M. & brought Bessie. Well, but no mail dash it. And no stores. Betty P's false alarm didn't come off. Tonight she is feeling less pain but no contractions. Muddled morning couldn't get on by inspection & when we did there were numerous interruptions. Then Jean came & said the others wanted more teaching. Well, one can't have it both ways. She says the ground is too large & tedious, & then wants it longer. Betty H is afraid of me, alas. Hope she'll get over it. I think she will as Jean's influence wanes. Spent most of day in office doing cards. Tonight stable, corrected these Oskel papers & most of Edward's. I must get away or have a break now losing my grip & detachment. Adaptation to new staff will mean a lot of muddle too.

JUNE, 1955

APPOINTMENTS

18.6.55	Professional	Private
<p>These 2 days have been overshadowed by Betty's labors. I wish I could do her job properly. However by now her is nearly delirious & I think the head must be working the very good but give him. I wish I could do yesterday at 1:30 PM. I feel so sorry for them. I felt I had a stroke in P.M. couldn't eat my dinner. A few local schools are now in a fearful off-system. To bed at 7, didn't undress all night. Went to see Betty at 9 & slept off. on wanting to be called. Had today off. slept & read most of day. Still can't eat but feel better. So silly just at this time. Mail today - Not out of hospital. Grandma getting better but won't get in. M.L. came tonight still no mail. TB food came from B. To Bayan here. need thing. was in bed 9.15.</p>		

21.6.55

I'm all behind

SAT., JUNE, 18th

JUNE, 1955

APPOINTMENTS

SUNDAY, JUNE 19th

21.6.55

E R O R O.

Professional

Private

Didn't get to sleep at all, but up to Betty soon after 10. Her pain's not distressing. Pulse OK till 11 M. N. so did a P.V. found heart in mid pelvis. Called nurse, Betty H. & delivered then a force & episiotomy. Difficult to anaesthetize, poor light but baby arrived in lovely condition, praise to a girl. P.M. slow, had a large retractor cloth. Anyway all well. Betty advised baby before 3. All to bed. Up at 6 to do babies. Nurse sent over a cuppa. Bless her. Late to ch. Fr. Bryan preached. Busy week day in H.M. Muddle over ~~meals~~ supper. Fr. B. got away at 10 to boat. Bob H. missed ch. to send an urgent radio to Bob L.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

JUNE, 1955

Professional

Private

MONDAY, JUNE 20th

Tired, sluggish. Usual job. Bot bell at 12:30, ph. up 4:30 & a Mr. Lachlan, Lachman & Schwindt Park, near P.O. for Tufi. Uice had. Did M.K. mail with countless interruptions. Wanted order at 3:15 pm. Shd. 7:15. Saw Betty at 10:30. Adm ph. interview odd. ends off. off. Lester in ship. he didn't make the much, & we talked & prayed for 30 min. Then he went to a doctor by Dr. Teala. Waspine came back, well, & was making a very black prayer to M. Gray in loading copra on M.K. & sacked David, who went in on M.K. Betty well & happy. Betty H off colour & Ds. Ds. I saw her professionally. meals all after. Did not letters till midnight.

TUESDAY, JUNE 21st

up at 6 to feed babies as Betty H was sick. After 6 fast finished mail got it & ph. off. Got Edward, exam paper & certificate off to Pat. Ken is getting more solitary & he & Shimmer was in each other's pocket & quite foolish. Lou thing. Bob P. arrived in pupal at 10. Got disp. den. Hadist my desk & heard from George K about the Newmann's flight when Gaps came. Had a good sleep, did a spot of inventory, feeding & changing babies here & there. Brown reports his father got sick in Lab. yet the fools didn't put him on the M.K. wh. was there. Tonight and same music, interviewed Jarvis & wrote to John. Frank & Cat offered a week bay. Adam I already getting pack for his house. James to come next week. Things are looking up, we hope.

JUNE, 1955

APPOINTMENTS

WED., JUNE 22nd

E R 120

Professional

Private

I said I wd. do much today but Bob did B's feet. Jan lunch. Jan & Betty dinner. The usual Wednesday pandemonium. I went to Mass. first time in 40 yr. Had a lecture & told boy. Yek was poor - we must repeat it. Had a note from Bruno asking to go to Lwada, I decided he must go. Bob will take him to Kaysari by jeep, he can walk to K'kon & catch a lift if pass on the Awala. Mrs G. here to morning after tea. P.M. tried to do inventory but time & broken down. Am sick & worrying. Tonight wrote letters for tomorrow's jeep. Baby lately but she cries & pells for what she wants. Coming from Hosp. saw glow in H.H. & thought it was on fire. Blashed in but Bob was only playing round. The Coleman printer. Bob has made a lovely armchair.

THURS., JUNE 23rd

my day for housekeeping. Up at 6.30 & saw to B's feet. Muddled day in Hosp. started inspecting at 10 to 12. Young Andrew had a rigor, temp normal since poor kid. Did P.V. on Lily Howard. Fedded till lunch. P.M. got a bit of inventory done again & many interruptions. Tonight did some writing for my house. Trying to get a clear day on the night tomorrow. Went came back tonight for duty. Bruno went off. Bob at 9. Tried tonight to pain in back pre-menstrual no doubt. Have the pre-menstrual irritability.

APPOINTMENTS

JUNE, 1955

Professional

Private

FRIDAY, JUNE 24th

Was at 7 for St John B. In chapel celebrating. Linda G. came back last night had been screaming in the village. Quite quiet all day. It is so sad. The people got into some trouble, quickly then to sleep. Went back to work but kept occupied. Was nearly all the inventory done except drug cupboard, star & tedra. Betty, a thing out & a bright. Went inventory tonight. All the teachers in the of one mind death at Baniain. Another said mid. Was distressingly stupid they are!

SAT., JUNE 25th

A fairly quiet day. up in time for breakfast. Resent. Beth got & spent most of the day in a few interruptions doing drug cupboard inventory, unpacking T.B. things from boxes the white ant had started on, & dipping Dig. sh. Betty about a fair bit. She is beautiful heart & her joy of motherhood. Mr Gray in. Letter from Nance at last. She is now in Kesh awaiting hysterectomy, & asks for my prayers. The dear lass. I am felt well but mother's mind was wandering when she wrote. Bless her. She wrote as if she was thinking aloud. T. Randall says we can get a good architect & a good contractor in the Territory. Thank God for that.

JUNE, 1955

APPOINTMENTS

SUNDAY, JUNE 26th

F R R R

Professional

Private

Expecting Mrs. K., feeling off color but nothing happened. Even later for Church than usual, had a coffee in Hosp. & Grand. Betty. Church over fairly early, got through Hosp. job quite well. Got the sheep. Underly. I W. report done at last. P.M. had a bit of a sleep, then washed head, wrote. The Day, Jan went swimming. Betty was to have come to the house for afternoon tea but she slept on. Since I went to T.B.H. site & looked at the creek in various spots. Even for the dry season I had a good flow of water. Back at dusk pretty hot feeling the benefit of the outing. Tonight saw some of the have written last letter to Mother. Bed at 10.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

JUNE, 1955

APPOINTMENTS

Professional

Private

MONDAY, JUNE 27th

my housekeeping day. Saw to bed & dressed. Went to Mr. Barrett's Road. Got to inspection decently early for once. Thought I wd get a clear go at the water but there were sundry interruptions. Walked in till 11 A.M. after a while. Napthali arrived brought to start work. Murray brought letters, one from L. John showing much sympathy & forbearance & our delay in sending help. Betty dressed & to 11 A.M. for morning tea.

TUESDAY, JUNE 28th

I slept in the Hospital & slept so poorly. Head ached & bed uncomfortable. But only woke at 4:30. Had a wonderful fall of rain, most welcome, at 11 A.M. & another at 7 A.M. shawery in between. Didn't get to Church as I was from Betty. Had plaster on aspiration & paddled away at order & many interruptions. Jimmy & Harry went out today - the ship is closed but the plane came in spite of that & the bad weather. A letter from Mrs. Mary Fred brought & didn't get much work done. Bed 9:30.

JUNE, 1955

APPOINTMENTS

WED., JUNE 29th

ERORO.

Professional

Private

Mrs K. came at last - have a skinning headache otherwise not bad considering the frequency of my bouts. St. Peter's Mass at 7. Nap. late. The pandemonium as usual on a Wed. The Embargo bridge went over & we had an early lunch & went up to see it. Most interesting & inspiring in its way, to see such a big thing moved & such ease. Snow is a good foreman. Back at 2 to 3. Next surprise - conversation: Tolson for 10, who is to go next Monday on a special trip of the 4K - & the Newmans too. It was a bit taken aback. Poor bloke I hope he will fit in better in Aus. More rain today, quite heavy at 5. Have been typing up the order, a slight breeze. James arrived last night to start work again. Edward did not come.

1.7.55

THURS., JUNE 30th

Usual day but earlier starting, unexpected. Got that done & odd job 10 on to typing order. Got that done & enveloped by 3.30 last night. Sharply tired as we all are, don't know why. Overcast & some good rain & clear. Working in office in afternoon heard all the excitement. Samsoni couldn't speak MK called & said a conversation in Laogua. Bob sent out a message & then radio went dead. Other stations OK but Samsoni silent. He had the aerial up again too. He quite busy waiting & listening. James arrived last night & working in Th.

APPOINTMENTS

JULY, 1955

Professional

Private

FRIDAY, JULY 1st

my housekeeping. Got of Samson early, sent radio
to M.K., who received the radio P.M. the box a broken cables
held up at Munkam. At 4 tried to get conversation, radio
incredible. P.M. trying to get me. Had little Johnson's machine
but only a makeshift. A think it won't work. Admitted a use of
fabent. Used a version on Earth's success. P.M. odd job exam
and Mary at last tonight writing letters in sections
to read next today. Got stuff. Also a couple of lanterns
over from brightly used, I shipped. Ought to get a radio
shot & back with work again.

4-7-55

SAT., JULY 2nd

Slept in a bit. Had a sort of day off. Wanted for call
from Hogue 1 1/2 hrs till they at last said it was cancelled.
Hated letter. Did a round of few jobs in shop. Feeling
hard & in dire need of meditation. Had work up, went
off on the bike across the old ford in Tropic. Had lunch
& peaceful. I could think. Graph helped me back across
the river. I thought his gesture of friendship was worth a
ton of trouble. Back for bath, changed for the barbeque.
Beth Ann brought mail. Party was unexpectedly nice
but it lasted longer than long. Everyone jolly & a new
thing for me to be joking in. Kent drank too much.
After we left really drank a foot of himself. I had had to
drive us home at 11:30 & the others came later. They gave
an order for a utility set from Wayne Bendigo. I saw
one of them. Ted came by plane & I in and in an

JULY, 1955

APPOINTMENTS

SUNDAY, JULY 3rd

E R O R O

Professional

Private

4-7-55

ref 6-30. Shuman didn't make a bad effort of his last seminar, all commendably short. Jan had day off. Betty, I copied a Hospital. Ken spent the day in bed. I got some cards done. With some effort got the Meath's head out of Ted's ear for block. M-K came at dusk brought Brian Sweet to Mrs Smith. Drinking politicians. Lettuce took up the evening. Thank heaven I wasn't doing much. Bishop wrote for Ken to go to Logans & he seems to have done subject to the interview to send him off. He made it clear to Ken that he was acting on my report which is only right. Got a nice parcel from home & weights from Oscar. Sleep at M.W.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

JULY, 1955

Professional

Private

MONDAY, JULY 4th

Broken sleep up 11:00 found Westa ahead of me. We fed the boat people. Then Bath Ted. in Smith they got off at 10 to 6. Waterb couldn't go. boat was carrying high octane fuel. Odd job to Mass, who was late. Feeling awful about Ken. guilty of not going. He himself to submerge. miserably. partly shame from last night I think. Odd job all day. inspection & all sorts. Tonight not better for M.K. & admitted some for Mr. Gray arrived at 10:15 to sleep. Westa didn't even get up! Very tired. Bruce came back.

TUESDAY, JULY 5th

Slept all 6:30. Busy muddled day. Shown at Ring the Hospital! Ken didn't show up, but did the food when Bath reminded him that he had said he would. Very quiet. Bath pouring round. not getting tired though she was pale tonight. did inspection. asperated. Graham & saw 2 of the 3 prospective nurses. Had a lecture. Sister from Saxeulaba came on M.K. to start work. Wonderful to have more staff. Mrs. Smith didn't show up in U.K. Muddled after. B food came. Went to Bishop. Westa gave cherry to all. Shimmer. Ken got off at about 8:15. Ken & tears in his eyes. Shimmer his impassive self. The missing girl put on a great old washing. The truck ran back up at 10:30. Looked up. Highway had a cuff. much talk. & Bath.

JULY, 1955

APPOINTMENTS

WED., JULY 6th

ERORO.

Professional

Private

A busy day. Cecilia & Jean were at my doctor's at 6:30. Rhonda running dips for car. It had decided to accept & I am left in the & I really don't want they start tomorrow as a month's trial. O.P. busy, inspiration muddled because many didn't come. A.M. theme. Dixer in O.P. I saw collapsed at 8 AM. died 11:30. I tried to take a P.M. section from the roof of the month & the whole shanking thing came out like a plug. I wondered if it might be a foreign body. Waked 11:40 the & that I accomplished little. Tangled pushed round trying to get pb off on the marble & Bot took then down only to find the marble isn't going to V'lon. Darn it. A part from mine was the whole evening wasted. Wrote & shuffled over the coming week end. I'm adrift! Trying to get grandiose about poor Barnabas who seems to be of no pleasure.

THURS., JULY 7th

up to Mass. Let Lancelot do O.P. & speaker. Took a long time. Largely because I talked to Barnabas about going to P.M. Another session in afternoon & he is quite willing to go. Odd job. Lecture. P.M. tried in vain to get to my office. Did a few cards but mostly seeing pb or E'lang. At night wrote letter to P.M. & F. Randall. Betty wanted to see to show her the notes for her banjo-mandolin. Let P hope she play it when I am not about!

JULY, 1955

APPOINTMENTS

Professional

Private

FRIDAY, JULY 8th

A better day - at least I got my cards done this evening up for Artem to slash the house. I hope he is. Ted came in while we were at lunch & wanted his lines aspirated, so got to my rest at 2. He took Barnabas & carriers to the airport at 4.30. I got my letter off. Skipped going to get some work done. Late bath, Cherry, dinner. No work. That wretched Tom M. went away. Ethel May, hope they send him back.

SAT., JULY 9th

My day in for Hosp. house & busy up at 6. sent to both & to mass. Busy before day in Hosp. New Emily film & caused a bump on her leg. Edith came in 16 & feet already born. I didn't dream that the babe could live but I did. Though it needed sucking out & resuscitating. Edith is good. David Solomon not impressed & being a father though he was good to Edith. Betty came on & helped to well. Lunch at 2.15 & the lovely mushroom soup was rather spoiled. No rest & dog tried. Shaved Cecilia hair to sponge & bath the baby. No cards done. Working in Hosp till 10. Ray worked well. Barnabas got off. Neill sent him off. & brought in a note from the Pilot. Miss mail at night. Dr. Family telling game to take 3/4 off from date of op. They don't think Dot is malignant. James drowned Baby's kittens.

JULY, 1955

APPOINTMENTS

SUNDAY, JULY 10th

ERERO.

Professional

Private

Day off in name only. Slept till 6:30 to lunch on home but
 a slow time past about lunch writing to Reginald
 + Laniel accusing them of being lazy. Spent most of
 morning on seeing people doing repair. Slept till 2:30.
 More repair. Washed head & head Martin Niemiöller,
 Nissaa I'Hooff & an Indian speaking on World Council
 of Churches. To good. Bath. E sang & baptism. Bought more
 repair work to mother and more packing. Reginald
 offered as dispensary boy.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

JULY, 1955

APPOINTMENTS

Professional

Private

MONDAY, JULY 11th

12-7-55

up at 6 got my luggage ready & saw to it that I had started at inspection. Lot of protesting. Luthbert brought 99 lb. of food, meat & beans & said that the village men will make bag for next week. Bless them. Malakene gave me \$1 for fuel so to Copeland's. A sermon is being given. Radio sent to Randall to say Dr. G. anyway & to come on Saturday. I sent a note to Susan to ask him to bring my things back lot of new fabrics in & working all late. Anoka in & sent to see if she would take job but she is going to Samangi. Got to sleep 11:15. Zephthah arrived to start med. work.

TUESDAY, JULY 12th

Raining all day & I find the cooler weather gives me a headache. I spent a day on blood. It's a blood hyping. Mary Margaret 309! Neeta arrived back plus my luggage, in the heavy rain. Letter from Fran. She had a good day. I find it hard to forgive her. I wrote her tonight to give her the news & didn't refer to it. I have had 3 offers today for med. work - Gubania, Anita Maryani & Herbert Mumbay of time. I of course can't do. Writing letters tonight. Fred & Achey. Kathy standing up to her job well & enjoying them.

JULY, 1955

APPOINTMENTS

WED., JULY 13th ERORD

Professional : Private :

It poured & rain all night, wet this AM. Bally
 & some people came late but Felix brought up the
 injection people, only 2 missed. Got job done by 11.
 Got yesterday's mail - quite a good one Mr. Moungh
 & an Ag. Officer Mr. McCordish came at lunch
 time & had a cuppa. also brought mail. Didn't get
 round to Mary Margaret's blood done, will have
 to leave it till after Thursday. Got on to cards, & have
 done cards all tonight. 2 kiddies came from
 Ambasi & 2 packages. Bob made my new gate
 yesterday & pulled up Ty Hugh's old Amstel today.
 Betty tried & back ache but got off early this
 evening

THURS., JULY 14th

very housekeeping day. up at 6.10, to Mac.
 Did the reduction of the kid's package & then inspection
 Betty is so good. Been & pamistaking, & sees the
 funny side of things. Bob is a bit gloomy, maybe
 tired. Lecture as usual. PM odd job & bought did
 the beastly LW report, set the exam for tomorrow &
 finished TB cards. Sent a note to know asking if he
 could take me on Sat. & if not would he take my
 luggage tomorrow. He wrote an affable note back
 saying he is taking the works men to Soper to fly
 back via Pop, & will take my luggage tomorrow.
 We have a terrific list of job for M.D. hope she
 is really on her way.

JULY, 1955

APPOINTMENTS

17.7.55 ERO-RO-WARISOTA

Professional

Private

FRIDAY, JULY 15th

Had a very busy day along from 8 of mind. I got
 luggage, bananas off by hand. Inspection & last instructions
 to Betty & started down about 10.30. Thought and plans for TBH
 while I supervised. Betty miserable - a cold, so went off at
 lunch time. I did job & wrote some letters for M.K. During evening
 a lot of interruption. Frank Cecil came to see about medical
 work but I told him to come back when I return from
 nearby. He sitting packing & left after 11.

SAT., JULY 16th

Alarm went at 4.15 (= 1/4 to 5) Nick got up
 & looked my breakfast though I told her not to. Nephew
 helped me across the river & the lake as it was getting
 light. Poor old Baba is weak. Thought he might have died
 in the night. Got to shift at 7.00. Fine this. The Tray
 arrived later. Snow. Waited, talked & slept till 1.30
 no plane. Though the clouds cleared. Decided to sleep at
 Warisota. So got there by 3. Had lunch - 2 eggs
 bacon & a sausage. - slept till 5.30. Billed a good
 lot. Dinner talk & bed at 10 to 9. Warisota is a
 pleasant restful place. Nick to have electricity. Nick
 got confidential about his first wife.

JULY, 1955

APPOINTMENTS

SUNDAY, JULY 17th

PORT MORESBY Professional

Private

A wonderful day of refreshment. Up at 5, 6 past of 2 eggs & walked to ship through fresh dull morning. Got there 7.30 & had given up hope by 10.30 when in came the plane! Bad weather at Moresby stopped her yesterday. Paragon who absconded from Hospital was a passenger! We packed Mr. Lanning for so close one could see everything perfectly. Kokoda in 20 mins. saw Betty & her 2 lovely kids. Mr. Painter & met Mrs. Kneale. Got to Reckong at 1.1. great welcome. The Rs are wonderfully kind. Dinner of grilled steak. Bishop looks well & relaxed. After lunch I slept till 4. Luffa bath & we went for a spin to Poroko wharf & P. talked to John Dennis. Tea, & to church. I put confirmation girl's veils on. Fr. Shran was Bishop's chaplain. He has the dearest face & a

MEMORANDA

practical jaw & manner. Hop. he returns his sensitiveness. The service was a real inspiration, both as a service & to me personally. Told that as Moresby is making a sacrifice in giving parish I must make the awful boring services at home my sacrifice. Mrs. Elliott-Smith there. Supper & Fr. Shran. Then back to + P over the Hospital & other things. Prayed hard about the Jean situation & my bad feelings. Thank Christ has given me grace to forgive her. I brought up the matter of Gomer & his misunderstanding & being told - "I said 'Gomer shall pick up against the pack?'". He has said "Ken to Maman - good man but poor Fr. Hugh. He asked me to write to the doctor - laas. I told him that we shall have another doctor for TB Hospital. Bed 11.30

SPECIAL NOTES FOR THE WEEK

JULY, 1955

Professional

Private

MONDAY, JULY 18th

Up for mass 5:1. for T.B.H. F. R. celebrated, + P. 9th
 congregation. Lovely to have an English service that many
 more than usual. B' fast + the DPIT at 8. Good inter-
 view + we agreed on a 300 bed Hosp. possibility of adding
 everything + good. Saw Dr. Todd, Joan R. Price, Bragbold's
 a nurse Ryan who is organizing P. school id. Home for coffee
 + went shopping, bought a seat: PAT. Lunch, slept to 2:30
 off to the Beach. Barnabas didn't know me. Wanted to see
 Dr. W. Lee but he was too slow, so home + P. suggested I stay
 at Sal. + even sang P. A.T. Finally pointed out that I could
 get Mrs. Barnett to come to town + see him there so need not
 spend those days at Pat. This is such a refreshment that I
 gave in. Hope Betty will be O.K. I sang dinner, + Mrs. R took me
 to a "affordable" dinner. It was enjoyable but they ruined
 the story by changing it. Other people I saw but I enjoyed it.

TUESDAY, JULY 19th

Slept in till after 7 + got up refreshed. They told me the
 car came for me but I did not hear it. A nice day but
 muddy. Washed some clothes, prepared N/L, nothing else.
 Bishop wrote a masterly letter to Joan, bidding her stay
 at Green Lough :: of Maria's large absence. A nice yard
 came at lunch sent by Meeta today. Edith has had her of
 Carlo: Betty their babies. A lovely letter from Marie. Went
 to her + Mother. A washing here + made in my room.
 I sang dinner + brought ironed + mended. Carol Annar-
 suits has invited F. R. to stay there for Gen. Sympot. I said as
 a complete joke that the Bishop should create him Canon to
 watch so that A. could avoid the embarrassment of calling
 him Father. It appears + P. was thinking of making him one
 Friday when he announces P. M. as a Co-Cathedral. Even
 asked my advice. There is a danger in this.

JULY, 1955

APPOINTMENTS

WED., JULY 20th

PT. MORESBY.

Professional

Private

I am getting to the stage where I could sleep for days. Up to sleep at 5 to 7, to the house of St. Margaret. Heard Mr. Green was flying forth: after a quick breakfast + P. F. R. I went out to see her. She is plump but heavy. I felt a sorry for her. Saw Mrs. M. off to Australia too. Said she would see W. in a couple of days! Met Mr. Treins in charge of O.T.C. + Mrs. Fox, who seemed nice. Wrote N/L + we all went to lunch at the Papua Hotel in the Remble of Townsall + Mr. Hayes. Miss Wilson of skin with fame. Miss Lamb. Went shopping from there: Mrs. R. doing for a heap up. Then on to Ela Beach. Saw a stinking offender removed. Then met Mr. Wilson. Nice man. Can't diagnose Bannabas. Want blood donors so I asked Fr. Stuart to take up some Gona volunteers. Met a host of Doctors. Name prepared dinner. The others went to Govt. House but I told Mrs. R. I would rather not go. I think she was relieved not to have to arrange it. We saw

THURS. JULY 21st

A nice day but not much accomplished. Left at 7:15, at 8 F. R. drove me to Koroheke + we dropped my typewriter, + returning gave my ring to Mr. Smith, an unhealthy-looking pleasant chap who obviously loves his job. Showed us some lovely stones. Officially I spent the morning writing, but lots of interruptions - phone + blood donors for Bannabas, talking + so on. A woman rang to ask F. R. not to come because she had taken salt, feared the consequences! Went to D. Stephenson. At 1:30 went to Lene, got a lovely welcome, met talk. Saw some pt. from my way, + had a cuppa. Dr. Phillips in charge. Missed the Fairhall. Lovely trip across the water, the wind blowing away the clouds. A spot of shopping, being to more letter writing. Have offered to mind the clinic for the dinner tomorrow night.

JULY, 1955

APPOINTMENTS

MORREBY - SPS - AG.

Professional

Private

FRIDAY, JULY 22nd

A run day. St. Mary M. To Mass, spent the morning
fiddling & writing letters. Mr. Wilson says to say he
couldn't go to Barnabas because he only got low compatible
blood. Sorry to miss that. Left M. after 2, went ship
proc & got an ivory penholder ring for Joan's b'gday &
a paper knife for Nesta's when it came. At 4 Pat D. tried
to ring me from Awala. Reception poor but she said she
had an urgent muddy case, will get off the plane at
Pop tomorrow. Wants to come to tell them. Water off, but
bathed in a jug or two of water. To the dinner at 7:15
to the Clinic. The babies turned up. A Dr. Thomas a nice
Admin. nurse was there as she had offered to do it. Joan R.
came up for discussion it all at great length. Met Mrs.
R. who is the image of Joan & is charming. Designer a good but
long & excellent sermoned the Pao-C. Cathedral. The old Canon
met the Arthur Gills.

24th

SAT., JULY 23rd

Up 6.30 - Mrs. R. vomiting in the night & I stopped her
anemycin. In R got to fast though I offered off at 7.30, lovely
morning. Left the ship 8.30, fair wind at Kokoda. Port after
10. Had my hyperthermia? in P.A.T. vehicle. Hop it turns
up on Tues. Mrs. Kennedy on the plane. To Mark Maddy look-
ing old. The kid boring. Dodd drove me to Ag leaving 12.26. Found
Elvis & Joan at Ag. Joan embraced me as if for reconciliation
but all day was stoned & having a conscience. Bob drove
me to Lab. The woman a bacemithia, had wet skin but
not truly I.L. Had late lunch, P.V. ed her & decided to cook her.
Back to Lab & subbed a trusted nurse for a ft. they. We
are all coming though there has been ships: A.M. Back after
dark to Ag. Bath & dressed in fuzzy, slap up dinner &
bath: MS man M. after 10. Bed. Betty & baby well.

JULY, 1955

APPOINTMENTS

APPOINTMENTS

SUNDAY, JULY 24th

AG-SAS

Professional

Private

up for mass at 7. good service. Albat MacLaren
 preached, assisted. Saw a lot of friends there. B. Paul
 interviewed 2 boys who want to join at Euro. Jaga.
 Shoenberg suggested they start a Pat who is 5. Shoenberg
 Shoenberg brought out Jaga decided to come. Like the
 look of him. Pat glad to have him. Baptism at 11, but
 good, lovely service. Lunch. Saire landowner called for
 me, wife & driver called. Nogi called to see yesterday's
 M. P. K. & to see Pearl who has had a thrombosis of R
 ankle. see Pritchard there. Sent Dad's radio. Lovely drive
 today. The pt. here 15 G. & cheerful. Think she may be T.B.
 Rotten long standing camp. Much talk tonight wrote
 to mother. Pat told me E. & J. W. going to North. Maryla
 had fever & looking 50 old. Pat think say she's well.
 Bed 10.30. Lovely dinner

(20th cont.)

MEMORANDA

SPECIAL NOTES FOR THE WEEK

The Parliamentarians at lunch & met me. I stayed
 home & wrote to Lot & Win. Late dinner, typed up summary
 of Monday's conversation. A lot of talk + P. want
 Humphrey to marry Florence. Think if F. not fit to go back
 to college. It had better return alone. Left 11.30.
 Bed 10.15. This life is very good.

JULY, 1955

APPOINTMENTS

SAS-AG-ERORO

Professional

Private

MONDAY, JULY 25th

26th

up at 7, Sas always seems behind half because meals are late & uncertain. Kept busy all the morning on a P. & P. Give Sumbrie another med skin. I gave 1-V. Decided wretched was the best place for her. They took a bit of persuading but were in good on the whole. Wrote letters to everyone concerned, had a pop bath - Edgar & J.W. who declare they are happy there. Bob came at 4:30, got away 5:30, called at Awala. Am. I had had severe pain at 1st time. Phil's address to go to PM. I asked Woller for the ambulance. He's predeceasing wondered why he had not been informed. I asked what was wrong with him! Late to Ag. bath & to M.S. for another slap of discipline. Got away 9:30 or 10, packed, wrote mem. letters for p.b. Light out just before 12. Baby is good.

TUESDAY, JULY 26th

Mum called me at 10 to 2. Sumbrie in labour had irregular pains, some strong. Had to call B.B. & Bob stayed up with her born at 5. Sumbrie not so pleased to have me but Atlas is co-operative. Then time for 6' fast. dressed & away at 6. Lovely in the fresh morning. Picked up Fr. Bryan, ship by 7. Talked to Fearless. Went to Pop looking for my type-writer who was at P.A.T. after all. Saw Maddy, Rodd at 11.4. Plane in at 10, took off 10:30. Crewman on board, plane full as a pick. Emily & I was drawn in, as matter as can be. Mesta is full of how busy she is checking stores &c. Saw to look in Hospital, read M.K. & Santham mail during loop-up. Saw a pt. or 2, odd jobs. Baps welcomed me back sincerely. Have sorted myself out. Sent J.B. on holiday & wrote letters for him. This to be here even with the saddling of all the work. Baby looks tired but happy. Bob looks unwell. awfully sleepy.

"Vi-Lactogen" is particularly suitable for supplementary feeding.

JULY, 1955

APPOINTMENTS

WED., JULY 27th ERROR

Professional

Private

Up 6:30, housekeeping. Have jogged through a fair amount of work, it is wonderful to feel fresh for it. Mr. Perkins did come, must get them all next Wed. Big A/N. quick inspection. I asked Betty not to fill in the drag marks in the Adm. book. Maybe I did it clumsily but she took it as a vote of no-confidence & said she wouldn't take charge again. After we talked it out she cheered up. I think saw the point. Got ship things ready for M.K. Mr. G. & Mary Ann. He is going to Morningbury at 11:00. We will miss him. He & M. talk for lunch. I was asleep when they came. Mr. Selare & the big chap came for a cuppa. Inquiries a. saw TBS. Tonight got in for a discussion on wages. Bob & Mesta tried to say that the village should not receive ration. Fear I got a bit fed up & showed it. Then went to work & left them to argue alone. Arguments are by numerous her W. note, M.K. letter. Turned down from B on holiday.

THURS., JULY 28th

Mrs. K. came this P.M. almost 5 warning. Headache A.M. up to 11:00, to fast early. Almost no O.P. for same reason. Early to inspection yet I took all 11. a lot of new ph. to see. 2 aspirations after morning tea, so I brought Nailly & he did one. One letter again for lunch, beautiful, but spoiled by too much spicy bacon. P.M. a good sleep. Then seeing ph. & odd job till 4:30. Tonight packed Joan's things for Lake. Bay's plan & have written rapidly, almost all for Australia. Asked Elliott for cost of electric motor 'sucker. Bed 10:30. Mesta keen for me to do her vaccinations here but if calf lymph keeps only 6 days there's not much hope.

JULY, 1955

Professional

Private

FRIDAY, JULY 29th

30-7-55

Busy day on this & that, did the order seeing teachers & Mr. Gray here for late lunch. M.K. in early but Bob didn't get away till 3. Lunt a no. of patients including Mrs. & Dr. Brown, father Betty in the house & I admitted them. He didn't realize they were there. Y. Law's & Helen's letters came - overcame - I made a lot of writing. Letter sent just before midnight. Interviewed Mabel who is to start as workboy on Monday.

SAT., JULY 30th

Betty tried to write letters & I on duty & decided to fit in what I could as regards seeing new pt. Felt off colour & got worse. Numbness in head, cough, backache, st. heart. Did food by 10.30 & went to my home to his down. Have been there ever since. Lullup for a bit of dinner. Mr. G. here for work. Lunt. James not been a Briton. Betty doing the round tonight. Bless her. Mame didn't come in, as we want. Yarrington came on M.K. & started work today.

JULY, 1955

APPOINTMENTS

SUNDAY, JULY 31st

ERORO.

Professional

Private

Woke at 13:30 & caught a nasty cold. & the thickness of blanket & would have liked a hot water bag. But no showers. Think it is just flu. Quite glad to stay in my home all day. Missed church & regret. Bath at 10:15 lay on couch. Lunch at 1:30. Co. Encourage sleep. Read a lot of Journals & not much else. At 4:00 heard plain & country, wrote to Mother by the typewriter. Bath & glad to get into bed again. Tonight have written to Bob. Led us. Betty quite cheerful about carrying on. Robin Lindsay stark tomorrow.

JULY 31st

MEMORANDA

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

AUGUST, 1955

Professional

Private

MONDAY, AUG. 1st

Bank Holiday, N.S.W.

Am glad I gave in to my weariness yesterday, as I feel refreshed beyond words by the day off. Well, though I haven't got much energy. Up at 6.30 & everything made in wond, but alright after. Got my things ready for the wash & all the washing back by tonight. Inspection took till 11. I suppose I was slow. I needed the Stet exam & had lunch. I had steak which Bill left for us. Rest & odd job. Interviewed Robin L. who began today. I mentioned that I had other. Betty getting the bag now & thought miserable so did a round for her. Then I didn't feel it gracious about it but got over my bad feeling before I offered. Did make wash & a few cards till 9.30. The 3 of them go to Warrigata early in AM. They could have chosen a better time: lot of surgery waiting.

TUESDAY, AUG. 2nd

Busy day but quite nice. Weapons arrived & lat. the 3 got down near the church from 6.30 till some time after 8. I saw to keep rr. & lat to Warr. Need to have meal alone & to read while I eat. Jogged along all the job, radio took up a lot of time: all for nothing. Had a lecture. Started reviewing medical work. Saw 2 of the new patients waiting that is all. Got Disch. boys on to Warran drugs. Lala M. making towels & covers. Garg & started making his books, getting bendover. Sanfadar & Imbogor had a great old drum-off. Early went & to let back. Got flood from Mary Warrigata for J. typing & the wretched Kecker did not come. Tonight job, Campbell told the boy about the T.B.H. Did some cards. Bed 10.15.

AUGUST, 1955

APPOINTMENTS

WED., AUG. 3rd

ERORO.

Professional

Private

up 6.30, saw to Hosp. 1 house. A mad morning that left me flat by 10.30 - possibly because I was re-belling post. weighing those endless babies while Betty was still off duty. The weighing seem pretty pointless as we haven't time to examine them or even assess progress. Then a mob of squealing kids for injections then on to A/Vs. No inspection. The three returned after 10, all the better for their outing. I had a letter from June Stephenson who crossed mine, she is keen to come. Had first medical lecture: new batch of boys. W. 2 to lunch. Had a sleep, felt better, saw pt. H. Elson. I taught did some cards but had racking + couldn't push myself on so to bed 8.30

THURS., AUG. 4th

Still feeling weary, off my back. up to Mass. Inspection took till 12.5 to 11. Got the woman drug ready. Skipped lecture + X-typed Meaton + Mary M. & they are compatible. To do 1st exam next Tuesday. Have seen some more pts. Bob took me to the Bay at 2:30. Saw some things, still miserable. Tonight did more work, a spot of writing, looked up infectious hepatitis wh. I think I must have + the jaundice. I played the radio for 4 hrs or so. Tomorrow we go back to Sun. time please be.

APPOINTMENTS

AUGUST, 1955

Professional

Private

FRIDAY, AUG. 5th

Not yet up to par, but feeling better. Tonight nearly asleep over my books as gave up after 1 1/2 hours. We changed the clocks back to true time tonight, praise be. Did 2 notes today. I think that almost needless, I went on to other. Done by 11, lecture after morning tea. P.M. lay down & Andrew the driver brought through a pt. from Lark. The man employed by Mr. Pritchard whom I saw up there on R.C. from Uxale St. red, saw pt. II. - they need watching both pt. & baby. Tonight doing cards. Mesta did not go to Andrew's house for 2. I am & worked hard at it. Bless her. Hearing stones of sick people in the villages & etc. None in yet & the absconders from Lark must be chased up.

SAT., AUG. 6th

Day off & very nice indeed. Slept on bed. SAT as it was 70c. Mass. I didn't go up for 2. I did saw a couple of pt. in Hospital. That spent the whole day cutting out & sewing up a new dress from the Gorge blue material. I did enjoy it. The weather is hot & muggy. Mr. 3 arrived later. Tonight heard some nice. Mesta, I served a bit & wrote to Mother. Have had some striking headaches. Letter from Mother. ABM has now secured 6 telephones for us. Please them - thanks to Win's suggestion. G.P.D. are selling them. Mesta's thing is purposeful about seeing Bill.

AUGUST, 1955

APPOINTMENTS

SUNDAY, AUG. 7th

ERORO

Professional

Private

Doing house as well as Hosp. Didn't hustle myself much. Feared meals would be a flop but everyone had a second helping of ordinary rice. Suddenly tonight! (wh. was really pearl wheat). Church late & long w. few people. They have to get used to true live sermon 40 min. I went to sleep. Saw J. K. was worried about Eric Tuma of Gona. changed his treatment didn't get any farther done. Got. Patrick away - 3 boys slept out, & we been on the soap-box. Organized the walk about for tomorrow & Jeremiah lending his canoe, then him. M. & Bill went to Base B after early lunch & not back till 3:30 & Bill here for the night. It got the Gona drive away, prize to, on the Blue Peter. Bill had to carry it. Neeta rather belligerent about drugs generally. Tonight wrote to Olive.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

AUGUST, 1955

APPOINTMENTS

Professional	Private	MONDAY, AUG. 8th
<p>9-8-55</p> <p>Up 6:30, usual job. Early morning & got card den before 11. Lecture at 11:30 PM office work. Work with letters in car. In John sent Neesham through so had to work to him. John Michael & Elsie got away on the Kahuna so went to Helen wrote Samara letter for Archib, & wrote 2 air letters to Jim Stephenson bel after 11. Then read bill to bi to finish "Behind Bamboo" Laban, Cyril & Bruce got off to Pangani after b'fast.</p>		

TUESDAY, AUG. 9th

Up for Mass. Bob left at 7 to meet the plane, at about 10:30. Stuart arrived. Everyone hurried out to greet him. I hope & pray that he will do a good job here. 31 for him at Mass. Betty got a figure ready & that weighed 115 lbs. did not come. I went to his garden. That day as a result I got a lot of report work done after & evening. A nice letter from Bob who is improving & allowed out of bed. Bless him. Mr Gray loading the Lockheed job failed to bring an TB food, curse it. And I didn't know in time to send a note to P.P. Mr. Normale here for lunch. Bill for dinner & the night. Playing garden in the morning. Miss brought Rayford & a small car went a bit. Kava-kava. Up & not mentioning the sugar yet. The women improving in Stephenson's also Christine. Catherine & Agnes. The 5th Isolator case

AUGUST, 1955

APPOINTMENTS

WED., AUG. 10th

ERORO

Professional

Private

St. Lament's day. Have been sleepy, sleepy all day. up for mass at 7 which went on till 2 to 9 am. a short sermon from Fr. Tan. simple, good. I slept through the mass. Just starting b'fast. found Beana's husband decamping & Beana's. Long discussion for a while. They gave in & stayed. praise to. Hospital was all kept open, school had a holiday. Healy turned up & did transfusion for M. M. went well only she shivered & kept up to 106.2. ? Malaria ? reaction. I didn't start her blood was half gone. didn't complete it but she got the bulk of it. T. coming down. Beana after. Shaved Fr. Tan's head. Talked about the future who looks promising from Fr. Several new ph tonight, all which is getting better. Finished repair 10 P.M. Rally to welcome Fr. Tan & dancing & games till 10. Lester got a crash at cricket & warded.

THURS. AUG. 11th

A good day. my house keeping. missed Mass I didn't get back till 6.30. I suppose began at 8.30 & done by 10.15. odd job. Lecture. P.M. had a cheque Mr. McCormick came for a dressing at 2. I did cards heard lessons all the after. Tonight got ready for the op. Betty who felt off. dear hair this after but pepped up tonight. did cards wrote a letter to R. G. But. Shv. read of Bassin's op. & was bed at 10.30. Mester to inquire about & belligerent, I don't know why - desp. i me. I usually don't answer his letters & think she doesn't like it. yet there is no animosity from M. Everyone seems determined to get out of the goat.

APPOINTMENTS

Professional

Private

FRIDAY, AUG. 12th

Very tired. Operations took it out of me long before the scalpel started work. up at 6:15, did skin prep. Betty managed things so well & a minimum of fuss. Had to catheterize Edward. He was a poor anaesthetic. His cough & stridor & wheezed bowel was so much to the sac I couldn't separate one from the other. He will probably remain. Condition went off at the end somewhat. He was cold for hours though pulse good. Mr. McCormick came again for pins. P.M. fiddled, unfiddled. I kept busy but had a rest. Sleep. Just called at 7:40 to a kid's asthma. To Fan going to shaver & sang I will take over hearing the boys read the Lessons, blessing Mrs. Barrett coming tomorrow.

SAT., AUG. 13th

A clear heavy day & tired after yesterday. Bob went to meet the plane but gave up at 10 a.m. The hills were so clouded so I could settle down to Hospital work. Dintia rush till lunch but got the 2 pleur dressings done. The food was broke ages. Betty slept in & head bel!! Had a sleep after lunch. Had to give Edward morph for old thing a bit distended but pulse steady at 72. Washed my head & to E sang - Preparation in English & rest for a change. I think our Fan is going to trip at least some of the good things prophesied for him. He is all for simplification. Thought Lucy till 9, & called back to Edward at 10:30 & gave more morphine. Head on A.M.J. Feeding mentally hungry for the first time for ages.

AUGUST, 1955

APPOINTMENTS

SUNDAY, AUG. 14th

E R O R O.

Professional

Private

a day off & quite a productive one. Mass 7:15-8:45. In 4th p.m. I will be shorter. A preached simply briefly & well. His prayers are real, too. Helped celebrated. But went to shift but returned at 11 in a hole differential, & no plane. Wrote home & to T. Barrett. After lunch did quite a lot of mending parish at 5. Mrs. Barrett in Mr. Barrett. The plane came at 11. Wansita gave them lunch. Dinner & bought have packed TBH till nearly 10:30. Quite daylong but lot of things to see to.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

AUGUST, 1955

MONDAY, AUG. 15th

Professional

Private

A red letter day as the TB land has been inspected & ap-
 proved of. Even tried to make it a red letter day! mob
 turned up to 7 AM mass for the Talling Order of the Virgin!
 It is still trying to live it down. Got off after 1st mass. B &
 Bruce & Robin. Dined with the land, admired the view & then B
 went to put white staff house in a row at the far end of the
 land on a hill. I found an off road. He found an
 easy close approach to the big river & an outcrop close by on
 which to put a storage tank. I saw it at about 5 PM. Mrs
 called at 2 AM to new baby of Lene. Japs & appeared a celestial
 Lene & Lorraine & Eugene. I seemed much better, while out in
 sun B the baby died suddenly. Poor thing. Got in a sort of
 sleep after lunch & worked on staff papers. Not
 weather after dinner. Talked to Mr B after admiring Luca
 & Rhoda Mary. bed 10.30.

TUESDAY, AUG. 16th

Woke at 2 to awful feeling of having to get up soon & couldn't
 sleep soundly after even though I had the alarm. Slept
 today as a result. Up at 5.30 & got to bed. Bob got for B and
 to ship & Neeta went to Luth. Left to Church. Long slow in-
 spection postponed from yesterday. Did a graft to Bob's finger at
 11.30. Mr Gray in car with L. & Lorraine. Neeta got a
 new German camera in the mail. 27/6 from B's. A thank
 you got me. M. has decided to quit me one for a day & Xmas!!
 It ought to be good me. Had a sleep, started on TB because
 but didn't get far. Work letters as Eric Lorne is to go
 to two promoters & takes a letter to Japs. The MS. says
 who came to see him. When I left the mail in land. Not
 much done beside the mail. Bed 9 PM. We have all had
 papers & frequent shots now 9!

AUGUST, 1955

APPOINTMENTS

WED., AUG. 17th

E R O R O .

Professional

Private

up at 6.30. Slept better but the cursed rat woke me! didn't take the bait either. A miserably day of little accomplishment - A/NS r. Perthesia for patient's pain. Emb. Germanish came in for newborn baby at 6:45. She had retained member & extracted them herself! Temp. 68.11. Lecture. A lot of talk at meals. To saw full of fresh meat quite in fun about making ourselves as a level with Papuan but he doesn't seem to know what he does mean. Slept till 3 - can't get enough this day - lot of old & odd job to see. Only saw 2 T.Bs. Spent the evening on making & making out a squabble in isolation. Meths in c.g. Persistent temp 102-105. Gave her her third 1-1. Dinner at 9.30. Kuffa in my house & looked at Anna furra. The others ready for Pansan tomorrow.

THURS. AUG. 18th

The family got away before 6.30. Pup found plenty to straighten out in the shop so didn't get to church, but worked babies. This to have meals alone & a book. Everyone taken duty. Inspection took from 9-11.15. marked the shipping shed & wanted found beatia in tears & a whole storm in a heap emerged. Lecture, had no sleep but a mail came. Wally came to a smashed in both: hope he doesn't lose it. Very bad long weary session: Cyril, Judith, Beatia, Rose, Bruno & Nancy where little - talking apparently set the whole thing going. Apparently nothing in it. Everyone satisfied but Cyril who said he would come to me tonight & didn't. Busy evening & have been pouring over T.B.H. plans till 11. Meths' temp 104-odd all day. No letter from home. Eric Tuma went home. Gault's day.

APPOINTMENTS

AUGUST, 1955

FRIDAY, AUG. 19th

Professional

Private

I hope I'll have a decent day off tomorrow. I am so utterly lacking in energy - possibly post-influenza. Lot of the boys & girls have a heavy cold & Sara seems to have an epidemic too. I got to Mass. late, a decidedly tired - concerning morning. The family got home at 12:15, seemed tired & not thrilled - their trip completely wasted, medically speaking. Spent the afternoon putting up only got out T.B. seen. John Beane brought, held up by bad seas, 12 patients. Went to the Randall's got to Compline, little else. A long letter from Joan about the conference, & she is obviously declaring her independence all through. It needs thinking about. Suggested that the Navy think about going to Gona, but both rather hostile. Bob anti - because of building his hangar, Betty not wanting to be separated from Bob - if naturally enough. Must tell the Bishop.

SAT., AUG. 20th

Quite a cold night for once, & my feet were chilly. Left 10 p.m. up at 12:15, fast bed. Went to the Bishop, only to find out later that he will be off the Coast at the end of this week! Also put R. & Elizabeth in, Augustus came in, I spent a solid hour persuading him to stay in Hospital Wardens & it went very behind - but apparently not. P. 14 work a whole, Mrs. Thayer brought up Myrtle! A lot of talk, Samara's mail & Ruth's mail & on from John!!! And I had a distinct feeling of kinship & being lost night. Tonight have written a few local letters, one to Joan, & that's about all. Went after 10. Betty has the broom off clean, but insisted on doing her round tonight. Bob & Joan both have a bit too.

AUGUST, 1955

APPOINTMENTS

SUNDAY, AUG. 21st

EReRe.

Professional

Private

Quite a good day, but for a case at about 5-9 felt so tired I could hardly push myself round, was so untrapped. ? Mrs K on the way. Bathing off steam. Slept well & fast. I up at 6: glad to have John Bonfido back. I can read mass quite well. premises of real beauty of design. And Mr G & Mrs P.M. did a few numbers at plans & finished, so a bit of plain & simple. Then called to Hospital. Long Baptham of Mr's new books, Noella's. I am actually present at the altar. Usual job tonight, wrote to Mother. New 10.30. We are getting frozen meat, a lovely joint of mutton tonight. Muriel got away at 6 AM. Bed is a wonderful place.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

AUGUST, 1955

APPOINTMENTS

Professional

Private

MONDAY, AUG. 22nd

I don't know why I have so little energy. All the conditions are present for steaming ahead with lots of work. I can't push myself along. Maybe I need more Vitamin B. Up at 6:30, odd job & got my mail off. Inspection took from 8:45 - 10:45 - 90-fold pb. Reche. Slept till 2:45, odd job in & out of office. No TBs seen. The ship. boy did the shore. Mr. Gray in to meet Monahan who was in coming tomorrow, so he got here at 5:30 & slept here. Tonight I've checked on things written in letters & read a couple of Journals. Bed 10 P.M.
Lacked Cecilia

TUESDAY, AUG. 23rd

Have felt quite energetic today! To Mass. shed much by myself then heard Mary June's voice. Horrible thing. I got some vessel that wouldn't stop bleeding & she lost about a pint. I really got them. Quasakhe. nice. Some same picture as we were sketching & has gained over a short in wt. - 11 lbs. B. Al. 1. West. Went to the Bay at 11 & got back at 4:30 - she missed Gild! She really is getting rather foolish. An S. brought an TB food. At 1:30 the weapon carrier brought gear & Mary W. who must have had an embolus in an abdo. artery. It looked like an of but she has improved steadily. Thank God. From 10 P.M. up all last night worried stiff & Elsie went to the after M.N. to see if the boat was still there. Then looked tired & very sick. Then full of talk & was off to bed 10:30. Must talk & speaking up about the Lura situation. We spoke plainly & ended in each other's arms.

"Vi-Lactogen" does not need the addition of Emulsion or Lactose.

AUGUST, 1955

APPOINTMENTS

WED., AUG. 24th

ERORO.

Professional

Private

ref for St Bart's Mass. Slowly many hymns. Many
much improved, had an enemy tonight wh. helped
a lot. Hospital work the usual rush from one thing
to another. Lecture. J.M. did Chrysalis' plaster
but the plaster is poor. Tonight did plans but didn't
get Mr Barnett's letter written a Jan. came for
a cuppa. we had a lot of talk. I always
understand things & bring them into the light. I
don't know if it is a good thing or not. Then
rod to Barikani after lunch & return tomorrow
Lacked Nohda

THURS., AUG. 25th

Jan did meals for my place &
wouldn't let me do to fast. Had broken promises
between interruptions. Got inspection done by 9.15,
'odd job. Ambani drugs under way. Lecture that
next pt in. The bag burst off the T.B. land, the
smoke going in the other direction. Bury after
finally got to see 4 T.B. men. Jan took down at
Amir's place. Got it off her chest after as we walked
down to Busega in the glorious moonlight. Everyone
pouring water & greeting into her ears. She hadn't
left for night. Refused to let me sleep. Many but
did accept some food. Bob & Betty apparently finding
it hard to adapt themselves. Many misadventures but
improving. The boy had a feast with 3 goats.
The T.B.s & dancers joined. Everyone enjoyed it.

APPOINTMENTS

Professional	Private
FRIDAY, AUG. 26th	
<p>Did many for Gran who slept as I had to fast in bed. Inap- pte early. But many - this & that held it. Elkin sent a letter to say 81 I.P. & he couldn't come. Sent a wireless order No T.B.s. & a hand again. Hoop up till 1/2 to 3. Deborah says to lose P.V. at the creek. Didn't think she was frequent but she produced a 2 lb 2 1/2 oz. at 7:30 tonight. Took her age to her the M. Babe lived. To baptize it Betty. And about 1 hr after. Many of young in pain better after a good B.O. tonight. Gran Betty & I had an evening. We went off in happy on the whole. A cupful much talk with Bob age in the M.T. & to bed at 10:30 - a feeling of no work done, no sense achieved.</p>	

28 7-55

Professional	Private
SAT., AUG. 27th	
<p>I have another cold & am stuffy & below par. No M. George yet. Though we prepared & expected yester- day & today. Lot of things to organize for. Yesterday on Sunday. Nestor got meals, I up at 6 & doing rapid easy day really. Gran went off for a "Juni Day" 10 AM - 14:30 M of sleep for most of it! I looked after many who was little trouble, a fair no. of sick people, persistent pneumonia &c. The other played a card game which I watched for a while. & to bed at 9:30. Gran brought in a cupful. Talked of M.O. of Betty was so glad to hand back to Gran. I'ming how all the married women try to do it. Let the babe buried with love & holding suggested hypnosis & prayer to Alan & Beth. & about his answer</p>	

AUGUST, 1955

APPOINTMENTS

SUNDAY, AUG. 28th

E R O R o.

Professional

Private

Woke early. Drove to post, Jan did the rest of the day. Flew her. Church over by 8.30. Ready for the first time in months. S.I. for Alan. Mary. Mother. A'pal staggered, had it out; Jan: she ordered things by radio from Gona & telling me. DPH wrote to me about it. She is very happy. Saw pb 17. Played in my new camera. Took one picture. Washed head. did some mending. But about came, then I learned. willing to give land for sister's house on the side of the road. P.M. slept late, wrote a bit. Heard Alan & family. Tonight admitted I was: saw to walk about for tomorrow. Wrote letters in m. to Mother privately, answering hers, re tid coming up here after her death. Tired & dopey. Supper. I am better for my somewhat broken day off!

MEMORANDA

SPECIAL NOTES FOR THE WEEK

+ I'm trying to propagandize. He is a member of L.C. Then he said up about the Gona situation: relieving med. bay for holiday - my final task to do that - I'm Barrett! Talked to Bob a lot about the Cessna during the evening. Jan told me in advance that about £19 had been stolen. Bob (presumably he) left it hid up in bags on the table in the office. Don't know if I was locked but most likely the shutters not. + I asked me about it: said it was £31. That explains why Bob was so gloomy a while ago. They confided in Nesta but most anxious for Jan: one not to know! But at 1, couldn't sleep because of heart cold 30th. The Mary. Bob stupidly didn't tell Nesta he sold Tupper's car on the S.S. & she found out after the teachers had disbanded. The parents: Betty jumped to the defense of Bob. Her kids: Sherry & Bel. M. who want not to go to Wansote. Fly properly. Not me!

APPOINTMENTS

AUGUST, 1955

30-8-55.

Professional

Private

MONDAY, AUG. 29th

Got to bed early - such a muddle, as we know who was doing what. Jan took over lunch. Betty driving. Got on to sleep early. Jan heard a boat bell at 9.30. 4 an. 1. But went down to find Chandra in room at. Hadn't the sense to ask the shipper to wait for Jan. though she asked them to. She rushed off on the boat with. came at the right moment. He missed it. Back at 10pm. tea time. I. A cancelled lecture inspecting + P. but saw pt. also saw Alan who is reasonable. PM. Sebastian came. saw eye beaten up by Cuthbert. Clement. He & Cuthbert. told me their story. which of course didn't tally. Sebastian went off to D.C. & I. an gave him a note which may make Cuthbert feel uneasy. + sent a radio on 6 P.M. to Pat & Elizabeth in. actually arrived about 8.30 - PM. I. fed in fruit. playing cards. Much talk mostly about babies. began bed nearly 11 PM. I think (Seoff for Mark's day

TUESDAY, AUG. 30th

Muddled day. up at 6. saw to bed. in fact have been thinking great all day & producing them. To was + P. I. an. Betty. Bob. gave even her a dental review. Late to bed. Betty showing. Got to bed off. 1.3. Lush. box. so now have benefit. wrote to Pat. Bob about holiday. & got drugs over. Betty. Bob saw + P. also Jan. He rubbed the muck. & the day go to 9.15 on the MK. 3.52. I hope is resignment. Even + P. realised that it will do Bob good. I. an. even more. to have to run the station on their own. Jan was fearful last night but I think happy now. Mary went. Pat going on leave. I. an. drove Rodd. Maddy after 9.15. I. an. drove some of the folk to the Bay. They had lunch off again. MGS in 10. Rodd more aggressive than ever. When they went had a long sleep. The nurse & a crew boy's machine. For first time. I. an. do anything. I. an. sent out all smooth. a passage of arms at 10pm. tea between Vech & her off.

AUGUST, 1955

APPOINTMENTS

WED., AUG. 31st

ERORO.

Professional

Private

A quiet day. Mrs K came P.M. up for St. Aidan's Mass, but
 is a wandering mind. S.I. for SAC. Off. & later slack. Got job done
 is a sense of leisure. Betty is fired but is everyone. Leanne
 P.M. talked to Chusabelli for 40 mins over the plaster. Mrs
 hard to see the poor soul's reputation broken down by my
 hard words - or rather the hard fact she gave in to tears.
 I hope that will be the end of it. I chopped off bit of plaster
 (paid 3 more T.Bs. After dinner long talk with Westa - getting
 her vaccines from C.S.L. she brought up the matter of the
 theft. It most likely happened when I was alone in the
 shop about 3rd Aug, yet Bob didn't refer it to me 'til
 did Normay. Apart from that fact, my being left out
 doesn't matter. However I saw & heard nothing suspicious.
 Mr. Normay here for after tea & took off Cuthbert & Clement
 re Sebastian. (Heard (badly) D.C. leaving for Gorka & we get Ben's dept
 heard (badly) Kesteven & 4th Council is not little

THURS., SEPT. 1st

SEPTEMBER, 1955

up at nearly 7. Leisurely day as seen
 of rush. Rush late but got done before 11. Leanne
 in kids' schoolroom. Talked to Bruno about next
 moves & their bad church attendance. F. Kay went to
 Emlu at 3. I saw the last 3 T.Bs & odd job kept
 in Hosp. till 5 to 6, so no church today. Tonight
 talk in M.H. till 7.20 then did cards. Shaved
 Bruno & Romney & both & he reminisced about
 the days in the bush. It pleased to see his
 name in print. T.Bs not getting enough food
 can't work it out. All have lost weight.

APPOINTMENTS

SEPTEMBER, 1955

FRIDAY, SEPT. 2nd

Professional

Private

Saturday 3rd.

I sleep a lot yet always want more. - though lately have been working late at night. Slept in today till 7. This day off, only spent about 3 hours in hospital and office patients. Betty is awfully good at organizing things but not people - hasn't got round to seeing to know p.k. etc. Got on well in my new dress but didn't finish it. Miss mail. Lil & Guy Stephenson are definitely coming, leaving England in Jan. Also one from Mr Wood from W.A. who knew Len. W at this AM but the plane came. Thought might be Lil & Bob also. Nov 10 PM. Grace would abated a nice thing? a note.

SAT., SEPT. 3rd

For Friday

Marriage Day. To Mass 6.30, To Copeland To Street at End of West. Bob went out in jeep. My housekeeping & Betty away so they got the salary thing. I resp. & odd jobs till 11. Lecture. P.M. kept busy, missing Dick. Day had a meeting of the women in their poor attendance at church. Went to see Luthbert's land & faced out what I thought would do. After dinner a good solid evening of cards till after 10. Betty left through Resp. job in under 2 hr., & no can-Optimised I had the left-over to see to!

SEPTEMBER, 1955

APPOINTMENTS

SUNDAY, SEPT. 4th

ERERO.

Professional

Private

Am forever ready to help. Plan to do
 as much as I can. Haven't the energy to push myself
 into it. Maybe I need more vitamins. Up at 6:10
 & saw to sleep. Betty up at 6:30 to find me. Enby
 & Tabitha. I'm up at 6:30 but tackled my job. pretty
 good grace. Tabitha has left us. Hop. Nancy was 1. The 2
 Scholastic's came & worked well. Esther helped tonight.
 Neeta made sears. Mollie made bread. I got a guffa
 was late for church, glad of it, as Agnes was 1. I came
 out of Ch. A large lady, 808. She had a lot of pain. Last
 over a pint pop. Baby born at 10:40. I kept me busy till
 after lunch. Baby blue & card black. B difficult to get going.
 14 and food, little else. Disf. boy back. Frank 1.
 Tonight a silly row between Mary Bill. Esther 5th
 took a while to clean up. Bed 10:15. 4 Rappers at

MEMORANDA

I sang, & out at 6:30. I went as a matter of duty.
 but was glad to be there when the Hop. Bates - Esthela's
 Scholastic's were baptized.

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

Professional

Private

MONDAY, SEPT. 5th

Wst a day. my housekeeping. Emily Nancy for li' fast. Wst
 Esther & Christine to help, 1 odd, 1 odd all day. Medial bay
 helped for dinner. I suspect a. Lecture. Had a rest, then was
 lecture to the boy. Boat bell at 3. Mrs. Conthy: 3 ft arrived,
 also June W. ahen. Dinner & luncheon & bad mood. I fried
 sandwiches for the friends while Brent wrestled with the pie. Then
 saw to getting it off. Letters & fill after 11. No much mail
 none from Oliver, I got from Helen missing. Kathy got her
 deep job done quite fine don't know how! But don't
 know her after 9, a several hrs of the job, & medical
 bay loading & unloading.

TUESDAY, SEPT. 6th

John & Bruce went off. jeep got away at 6.30. Meets got
 to fast & refused help. To Mrs. (in Wedgman?) asking
 of my confirmation. A such morning, I said to a house
 Mrs. new pt. did an LP on a sick babe, admitted a couple
 of boys. After morning tea checked stores. I did food. PM
 left Mary & saw Mrs. Conthy who said to do an
 need an operation. Missed I sang. Job in fact brought
 but left left and one a good old chat & Meets with. I
 think my both enjoyed though it was only chit-chat
 past after 10.

SEPTEMBER, 1955

APPOINTMENTS

WED., SEPT. 7th

Professional

Private

7 years in Papua! A busy, busy day accomplishing little. Mrs C. had the M.V. & that mess up 1W blimey. Nestor did his first lunch, after lunch she drove the jeep to W'sota while Mr G. took the tractor. His behaviour was indicative of slight alcoholism or something less desirable. Nestor has no chaperone this time! Fr. went off on one mission box, 2 kitchen staff diveded again. Esther & Christine helped tonight. Why can't I go to bed? I told him to stay off duty till he saw Mark Robin & went to invite Frank to be cook along but he was in the garden, alas! Merrick in tonight's paraphrasing blew it. Had supper, fall & no more work after 9 PM. No answers looked at either. Radio people didn't call today. blew them.

THURS., SEPT. 8th

Busy busy day. Got to fast & worked late & again, no church. Insp. he & did Merrick at 12. Mid job, it went well. Late for lunch though. Mark & Bill arrived at 2.15, fun, talk. He saw Enly who said he did not come back :: he was sick. W. both don't it but can't argue the point. He is back on duty. Nestor doing meals, bless her. Working in Insp. till 10.30 on microscope. Fell into bed & slept.

APPOINTMENTS

SEPTEMBER, 1955

10.9.55

Professional

Private

FRIDAY, SEPT. 9th

Very tired though an easier day. The usual job, 1901 food & wash done before 11. Radio. Did mirror & statements till lunch. P.M. as usual. A rush of ft in at 5.30. Mester doing meals bless her. Found radio aches 10 to 4. After dinner and job help, then wrote letters for Monday till 10.30, & had supper. Wednesday went on holiday.

SAT., SEPT. 10th

Up at 6.10, breakfast, Mrs. Griffith & Bogan. got away at 7.15. A very quiet day. pick Mester. I'm arrived after tea + a flat presents! Bill in, not well. B.A. broken down & didn't come. Have been off from work from 11 till 7, then did evening job 301. Some M.K. mail done but surprisingly little. 9 min mail. Tonight talked to Alan & then about their early days. The Goodenoughs. man died in Bury today. He came in a labour gang as a youth & apparently was adopted by Benedict's father. Luthbert. ~~Goodenoughs~~ were first pupils at New school after came Alan & Simon. Later Elijah. After work heard 10 min of loudy violin. The radio reception perfect. After tea I thought but no plan. Frank Leat came to see about being cook but only says he will go if F.C. come.

"Lactogen" is easily digested by the aged.

SEPTEMBER, 1955

APPOINTMENTS

SUNDAY, SEPT. 11th

13.9.55.

Professional

Private

Hoped for a quiet day. Called at 2 A.M. Rebecca had her lab in the village, quite a difficult birth to judge by her notes, then walked to West. immediately. Well. shipping round. Did an aspiration for Mr. Gray & another for John Mark. supposed to report back for since I didn't go to West. His most unreliable off at lunch as I thought but saw new pb came. M.K. arrived 5 P.M. & day early. Jan on board, several pb. T.B. food. Thank heaven West had organized dinner much talk, wrote letters, organized pb. Bed after 11. Mr Gray stayed in & took care of pb. to Bay in A.M. collected stores. Too tired to do store order.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

a whole stream of pb. including Clarence will. Not good praise for thought it might be a beano but think it exhibits + malnutrition. T & 10.6 mine stuck to her placenta, & had a big loss. Had to do a manual removal & I had job. I thought she wd die on the table but she came through it well. Then 1.1 V saline. rep till 3.30.

APPOINTMENTS

SEPTEMBER, 1955

13.9.55

Professional

Private

MONDAY, SEPT. 12th

Up at 6.15 & saw pb. off. School starting again a little quiet back during job. I up. even early, & saw new pb. mostly 2 TBs. Father declined to do the T.B. land application - understandable as he knew nothing of the land on the ranch - so I checked it before E's song & did it in the evening. Michael came in in afternoon. T. 104 & pain all over - ? polio. I did mine job, some balls. Linda M. Kawakawa again. The boys brought her up per sketcher. Got a lift. At motel till after 10 & to bed. Very tired & under the weather that I got Joan to give me some B₁₂. Radio woman didn't call me all day blow her!

14.9.55

TUESDAY, SEPT. 13th

Supposed to be a day off to do mail etc. Called at 6 to Michael who was in great pain & obviously dying. Got Maph into him but by the time F. came he was unconscious. During a L.P. when he died & couldn't get in. So sudden & so sad. I think it was polio. At last a storm over the day. Poor Mary in fact. Jessie went off for the day's permission, sent for. didn't come. R.L. went for her & she ran away again. Made the day hard for Joan. Funeral at 1. Had a couple of pb. kept in sleep till after 9. Did not let her to F. Law waited in vain for the radio AM & P.M. they didn't answer my calls. Did a bit of sewing after afternoon tea. At 7.30 Muri from Hanan produced a poem from under the surface but the other at 11. 3.30 & 4.00 & 4.15 between

SEPTEMBER, 1955

APPOINTMENTS

WED., SEPT. 14th

ERORO.

Professional

Private

up 6-30 to organ; b' fast, found Gran had done it for me. Sparged Muriel to help Gran. We both dragged ourselves along but better than expected. had lost the dragging weariness of yesterday. Maybe the fresh helped me through the night wh. was too much for me. God's help. Muriel took up most of Gran's day, radio took a lot of time. The wrecked Samaritan people took no notice of me. We both slept 2-3. I got a letter done to go to Son. Doing job this evening. a d's feed. Gran gets up at 11 N. Still haven't finished the order. No St. George yet. Holy Cross day but no church for Gran & me.

THURS., SEPT. 15th

Slept well. have felt surprisingly fit today. Had another B. inj. tonight. It that is the general my weariness. It will be wonderful to keep free of Muriel. Muriel up for b' fast. Public holiday. So no radio. Saw Goanna. 2 kids in. Did food for Gran. finished a film in my camera, putting it in A.M. Slept 1-3. 1/2. did Gran. God's work. lots of mail done. I did job in my house. Tonight Muriel's work, wrote to Lavin. bed. 9:15. Slung 11 N. feeds. Foster & Muriel came back today. English says can go on Sat. on the returning canoe. All our sick pts improving. Muriel's lifeless, off her back. She always gets tired when we have a rush.

APPOINTMENTS

SEPTEMBER, 1955

Professional

Private

FRIDAY, SEPT. 16th

Actually up for Mass. Did M.W. feed, that was all for today. Looked at Clarence's blood - no flarise. A Napstap day, light yet muddled. Got some office work done. Someone called us. I asked why they neglected. Gota call this after. Anyway a radio for Bill. I got 7.1 out. B.A. on to way but didn't come. Mr. G. got in before 3. is staying the night. No M. George. Mesta started on Bill injections today so we will see. Very cold day tomorrow. City off.

18.9.55

SAT., SEPT. 17th

For Fred to write last night. My housekeeping day. City off. Had a roast to cook. Kept in & out of the kitchen. Mesta's lunch made mine same. Mary. up at 6 to feed babies. not again till M.W. I should have been a good day in the office. I scarcely got near it. That is what makes things so boring. M. Leary came P.M. Mrs. Cuthy. Elizabeth. June Warren arrived for afternoon tea. Much entertainment did mine work at night. got cross. I ran over the record book. Sam has A feel well. at other times I feel near the end of my tether. I have played cards. the guest till almost M.W. I have been feeling so much as the older brother did to the prodigal son - most inclination & yet the older brother was right. Prodigal is the right adjective for Sam - in his good affections & all the days want to stay at home. hel name returns!!!

SEPTEMBER, 1955

APPOINTMENTS

SUNDAY, SEPT. 18th

ERARO.

Professional

Private

Up 6.30, after poor night. Went out in my house.
Cuppa. Mass got written till nearly 9. Last friend
coming ago! Busega sorry, which is just the thing I
do, by 1.4 felt it was all wrong. Didn't communicate
Jan and hives 6.9. Lat for 6.10 of course, then to
F.M.V. till nearly 12. She had seen the hives - little
else. Father baptized Jeremiah's baby, then. Long K told
me J. is not a man, the marriage not blessed.
I got in an hour at least this P.M. as I shall not be
mother tonight. That's all. From 7.10 has been a
bit blue at hives. I fed them at 9. Started them
at 6 while Jan was out. Mr. Conthy. She went to
the Bay tonight to see them off. Dr. Goddard is
a Chevalier of the Legion of Honour. Bless him. Mother
had a trip to B. park & Oh, loved it, also got to mass.

20/11

MEMORANDA

SPECIAL NOTES FOR THE WEEK

To gave Muehen. Communion to Annie & she does look
better. Gringial looking after her. Were mice with
to Betty & Bob, accepting their offer to stay at Gora.
to John Bed to P.M. Jan upset over Sanechi
situation. But so are we all.

APPOINTMENTS

Professional

Private

MONDAY, SEPT. 19th

20.9.55

These are hard boring days. Yvan tried. Got inspection done. Yvan housekeeping & Frank sent him up & why! The girls walked out in to fast was difficult. Discussion of life. Yvan pre-Ethy, Neth. I asked him or at any rate his duties. I offered to run the Hosp. while Yvan travels. F.C. but he wouldn't come at that. Anyway they're back, goodness knows how. I got a fair bit of office work done in aftn. & straightened all the TBs at last. P.M. long talk with Yvan, who arranged for Zeila Marjorie to sleep in her house. I think it is a bad thing except temporarily. Bed 8.30 p.

TUESDAY, SEPT. 20th

My housekeeping day. I did M.V. feed, couldn't sleep after it. Gave Ethy instructions for the day. He just walked out & doing anything. We copied some charts. Anna came & Charles brought us some fish. Bruce had lunch here. Mr. Gray brought in Mr. McColm, sat for lunch & a job to make it go round. He seems nice. Much talk & showed him the Hosp. & we got done out of our rest. Annie came in at 12 & with 1 looking like polio. Didn't get L.P. done till 3. Then doing flesh, mucus & doing radio & dinner. Why came at 5.30. I prayed for help, sent him to Fr. why sent him to me again. Told him I'd rather work alone than with someone I couldn't trust & sent him off duty. Tomorrow is up to Neth. The girls have stayed & worked well. Ethy trying to work up the village people agst. Frank C. I believe. After dinner

SEPTEMBER, 1955

APPOINTMENTS

WED., SEPT. 21st

22.9.55.

Professional

Private

up for St. Matthew's Misses. Usual Wednesday. Thought I would get office work done all day & get report finished, ready for typing, little bit. A little bit. Little Luk Maxwell. Child & pneumonia that got worse. at 5.30 when Edward Young with the same gran very tired, so did job quickly & went off to bed about 8.30. I did much. & 9 b.c. food & some more interrupting job. F. D. went to Bainsan after lunch. I got to bed at 10.30 after seeing kids again. up at 11 N. to Edward Young who was crying. Gave him some, changed the bottle, & then the child collapsed & died. Had to comfort poor Barbara Faith & pray. Then got Luk over on O. Gran came over weekend for visiting. up till 3. Then to bed & Milla waking kids.

THURS., SEPT. 22nd

24.9.55

Woke at 4 to 7, went to Luk who was in extremis. T 106°, breathing flat, feet cold. We had prayer, he died at 7.30. Got up, done & not much else. Sent Laban. Lame lot to the cross villages to look at all kids & they brought back a bundle of littles for inspection. A lot a few. I had the after. off slept 2.30-4.30. F. D. returned in the after. Gran off after dinner to get a good sleep. I was still awake at 2.15 after M.N. feed when she called me. She was vomiting presumably of mushrooms in the stew. I got her food break. Mesta called me at 4, Gran told bad stools, nearly faint, slow pulse, hives, rotten skin claming. I gave her Atropine & she picked up. Bed at 5, up at 4 to 6.

Milo—a valuable food for expectant mothers.

APPOINTMENTS

SEPTEMBER, 1955

24.9.55

Professional

Private

FRIDAY, SEPT 23rd

A frightfully busy day. Mesta did b'fast & dinner & I did lunch & she went to Emboga. Wet day. Did all the job & saw to Gran. At 6 old Lancelot Gal was ill, he must carry his full weight & he said he had retention & pain. Bladder small. He was alarmed but I laughed him out of it, & he produced the goods & cheered up. 2 lot did eye & brought up kids & temp. from Emboga-Lambada, & admitting to 1.4. Got to bed at 10. Nightingale feed. Managed to feel well because too busy to be tired. Funny how Mesta always finds herself exhausted when we are. Gran improved rapidly, but quite glad to be off duty & sleep. Father has no conception of illness but doesn't know it. Suffer & creep on old head on young shoulders.

SAT., SEPT. 24th

Gran did 6 AM feed. I got up at 12 b'fast bell but Mesta sent me back to bed & a day. Bless her. Could have slept again had I had a chance. To Prof., both Gran & I just prargging ourselves round & pending to argue over tuffles. Did job & agreed for her to go off duty till lunch & 4 P.M. I did have a lovely sleep till 3.30. Mr Gray came & brought mail. Only Mother's. Wanager's men came for dinner. I tried to say Mumba people had come for the rest. I wonder? Found that Aubrey has been in his village all these weeks. The utter thorp. Told Father who said he wd. send for him. Tonight I have done job & Gran playing cards! Was 10 PM.

SEPTEMBER, 1955

APPOINTMENTS

SUNDAY, SEPT. 25th

ERORO.

Professional

Private

Left on 11:45 to 7. Mary seems to bright though she looks tired. She & Jan are basking in each other's approval at present but it won't last long. Very glad of a supper, don't think I will have got through Church without it. Dumb kitchen staffer, poor old Jan in charge. I did go to feed & meet of 6 PM. Got some card done before lunch, this PM. An easier day altogether. Wrote to Mother tonight & that's all. In bed 8:30. Got Main Christianity & sewed my dress as I listened. An Oxford Professor is good. Jan moved the frig & fixed the door. Our premium steak went bad - about 3 lb. of it. It had it for dinner - an element of doubt but I am alright so far. Prens both took a bottle today as usual. Hoping!

MEMORANDA

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

SEPTEMBER, 1955

Professional

Private

MONDAY, SEPT. 26th

Up at midnight. meant to get up at 6 but slept till
the Angelus. Busy O.P. got in. Done by 11. Did some work.
Slept till 5:30. helped feed. Jean got food done by
after tea. Wrote 2 letters before dinner. Offered to do
9 o'clock feeds so that Jean could get to bed by 8 but said
I didn't see the point of doing the feeds if she stayed
up till 10 anyway. That hurt her feelings but I think
it was right to say it in that way. Anyway she
stayed on duty. I so did not care. I really in the help
of the Holy Spirit we laughed our way out of it & both
did the 9 o'clock feed. Wrote to Dot & Bed by 10.
Nesta & I both had injections tonight - only one left &
have only just ordered more.

TUESDAY, SEPT. 27th

My housekeeping - changed: Nesta & she did
a lot for me anyway. Manipulated little Gerald's
hip & applied plaster - not so satisfactory. 4 feeds.
Jean & I each fed a bird in a bottle. Laine came in & Charles
& I both had a lot of time but it is more to say her. Nesta
went to Emt. The Carver came so Jean gave
Charles his first anesthetic. I vaccinated Nesta. George K
got a radio to his great delight. He finished his house
frame. Only got bit of office work done. Eghart
came in & cerebral malaria at 3. Tonight office work &
stopped 8:30. Read a Journal heard news & to bed.
High wind tonight but hot out of the breeze. Miss Little
from Frens. Have a feeling of apprehension
about maybe premature.

SEPTEMBER, 1955

APPOINTMENTS

WED., SEPT. 28th

ERORO.

Professional

Private

W hot last night & didn't sleep so I well report
M.V. & Neville helped in feeding. With a bit of
luck that night for my last M.V. rising. Slept
till 6.30. G. & both feeling played out & just pushed
through our chores quite well. Got some sand down
before lunch, a little after tea: brought & finally
have them up to date. A long trial of Margaret
Gyner this after she apparently stole Maddy's eggs
but denies it & Maddy has no interest. That she
was very distressed about it but quite properly decided
to give evidence. M.J. seems to be a no-hoper
from all pt. of view. Haved 3 took 3 eggs: she is to
repay them. Georg K has at last finished his
house & is back on duty.

THURS., SEPT. 29th

My housekeeping day. up at 6.65
fed one lamb, saw to 6 fast & to mass of St Michael
feeling tired & rebellious & most un-Churchy. etc.
were called at 11 last night to little Dardson who
should have been brought in by daylight. Mass was
sung in English. I wish there could be some re-
freshments but it is not an I am's way. Weigh
bates while I am out of a P.M. feeds: inspection. A rock
found feet: took the telephone wire so I got G.K. home
to mend it. Mr Gray for lunch & wanted his share
aspirated. Got quite amorous in a light way: I am, late
rest, paddling, did a bit of typing & what. Tonight was so
glorious in a wonderful moon: I am. I walked down to the
beach at 8 P.M. then I continued on strike & am in bed
a who-dun-it. Mr K not far away.

APPOINTMENTS

SEPTEMBER, 1955

1-10-55

Professional

Private

FRIDAY, SEPT. 30th

Slept till 2 to 7. P.C. & Mr. Fielding came after breakfast. Instead of being in a good mood, let's hope he is. He could scarcely be worse than Mr. Brannell & his 2-brother. Talked all round the affairs of the district, inc. Emma's Estate people. Late to work & a muddled morning. Got some reports ready. Last night got DPH letter off to David Dunlop at last - perfect night, & got perfect reception for govt news & Village Sg. Club. One member was requested by CHN Regina. Bed 10-30

OCTOBER, 1955

SAT., OCT. 1st

Called at 11 to Grace, in a nasty pneumonia. The moonlight night brings the ft. Thought of getting up to help. Grace had died. Mrs. K came at 5 AM. I have felt in bed & unusually vaguely nauseated. Rodd. Bradley came & brought Brenda back from her 5 (6th) Lathams. who was waiting. Apparently a lot of peace & quiet. At 5.30 she turned to a cerebral malady & at 7.30 she died. Am begins to feel desperate. The village people made a pretentious fuss & Hammers & Reformers were almost beside themselves. I feel too unhappy for tears about it & self reproachful. I didn't get the Lathams in earlier. Father to do his part justice handled the crazy parents well. Wake this, Tel 10. Grace is dead. I just had seeing a sick child come now & they came alright!

OCTOBER, 1955

APPOINTMENTS

SUNDAY, OCT. 2nd

Professional

Private

3.10.55

E R O R O.

My housekeeping. Woke frightfully tired up at 6:30, got coffee to church late. 7th Copland back, so out before 8:30. Peter went for a swim. The sharks brought our mail. Busy mindfully bring along in the Hospital. Joan worried: both twins losing back on NCM. M's both wrote letters last evening. I helped in q.c. feeds. Twin 2 smugly & alert retraction, Twin 1's foot still pink. Both on Penicillin, back on Gavage. I did the MN feeds & couldn't get back to sleep again. Heard Bp. Dandeen for Plain & unity. Admitted patient all through Evening. Even people are bringing their kids up for the slightest thing, which is a fine vote of confidence. They brought little Katherine's coffin in just at the Epistle!

MEMORANDA

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

OCTOBER, 1955

Professional

Private

MONDAY, OCT. 3rd
Labour Day, Sydney

Up at 6.45. Jan & I both high. My nose & throat is passing off, leaving a fed-upness (all work & no play feeling) & more sleepiness. Got inspection done by 11, did report till lunch. Really worried about poems, both an American poet & Lucretius. Chest retraction & blown up little tube. Tapotape after 5 little bookwork done. Bill Gray returned from the Bay & Pop mail from Churn. My repaired shoes at long last, & a long lost letter of Mother's. W. got mail off this PM to Fr Law. PPH is going to register all medical personnel. It means a personal visit to Wroesby for all of us, I suppose at Mission expense. It will cost over £100. Tonight did routine job while Jan did extras. Have found Dr Calver's report in A.M.J.

TUESDAY, OCT. 4th

Really a slack day, but Jan & I both enjoying a head-off. I read till 11.45 last night. David came up & told us blarney about Father James's death on 7 AM news. W. got it tonight. The dear thing died at the work-end it was buried yesterday at St. Paul's. Knightbridge. I think he was buried to be buried here. W. had a wonderful life & his time was ripe for going.

Got inspection done & gave reports. PPH that to get Jan to go off duty but she wouldn't, so I did it after her kind. Read all Calver's articles in N.G. & have finished my fork at long last, except for 2 press-chute. Presiding. Very weary. Lucretius have improved. Thank God. Got Lancelot off to Koon today. Aubrey hasn't gone as far as I know.

OCTOBER, 1955

APPOINTMENTS

WED., OCT. 5th

ERORO.

Professional

Private

a slack, muddled day. I feeling $\frac{1}{2}$ asleep all day for no reason up at 4 N for him. My housekeeping to mess but I got through it. Wet but cleared later as Baby Clinic & A N & Kate. Now finished monthly reports & finished the dress began 12 days ago & got it pressed. Not much else. Just called to Flora at a to early pneumonia. Regimen tomorrow for F. James

THURS. OCT. 6th

up at $\frac{1}{4}$ to 6 to help Joan & baby. Found the baby one cyanosed & i. pulling rope & T/107. She cried a lot in the night. Can only think she wanted & aspirated a little milk. She picked up & T feel but she died at 2 to 2. Of the two? would have said she was the stronger. It is so sad. So Joan didn't get to the Regimen I got to part of it. Mangled day. no perfect, no admissions. I got nothing extra done. John W. brought both kids & fever. M. Champion 105.6. I am keeping him on day. Have written letters for him to take Joan & baby & has been fever & I did get tonight. My midnight shift for Joan. Can we getting on like a horse on fire.

OCTOBER, 1955

APPOINTMENTS

FRIDAY, OCT. 7th

Professional

Private

up at 4 to 7. Went to see 'em feelings - real wonderful
 1 hr & then we had a job making it up again.
 suddenly morning. Mrs. Womack & Mr. Kennedy
 arrived 12.15 to 1.15 long TBH land. I went with them.
 Quite interesting. The ladies people had already cut the
 boundary & are not following the line of trees but the
 trees & they all said OK to giving the 2 acres on the
 other side of the road. They were sent to cut it, then the
 2 men decided to come back on Monday. Didn't even wait
 for a cuppa. I got lunch & tea at 3. The Bursaga
 people in friendly form. I think feed up in the East. Under
 unfavourable. I tried & had a bath & slept 4 to 5-6 when
 next job came. Add job after dinner & did 9 PM feed.

SAT., OCT. 8th

At long last a day off. Did MN feed in
 quite heavy rain & did new patient's blood. Then did
 the fast food & gave me a ride in bed. Bless her. Stayed till
 8.30. To bed at 9.30. Did a spot of mending & read
 my mail. Charlie wasn't home when Mother wrote.
 I was cooking but Emily was in & cooked the corned
 beef. I wrote a lot of postal letters & got much done.
 I bought a Beethoven Aversham & Schubert's Un-
 finished Symphony - glorious. Wrote to Mother, I
 got a reply from her who looks dreadfully tired.
 Bed 10 PM. Schubert must have been praising God
 in that Symphony. Got my scraps, not bad at all.
 Mr. Gray in.

OCTOBER, 1955

APPOINTMENTS

SUNDAY, OCT. 9th

ERORO.

Professional

Private

On duty, but the day went smoothly up at 6. Fed the babe. Laid through Mass. 10 P fairly busy. Levi hopeless. Vitey lunch - mushroom soup. Neva & Bill went off to the Bay as usual. Brought back some Langam pk gran fed premie while I admitted them. Then we had fruit for Cherry. Sent liquid for holiday. The Katuna came in at just the right moment, so they got 6 in the AM. I went up to see Cuthbert's hand but no sign of C. Got one letter written. Miss to have 2 nights running 5 MN feed. Gran seems better for her day off. I am so laughing and with animosity & all of us instead of humming it exclusively on Gran. A lot of fuss about med bay. Lillian wishing return. Only one interview. ? The

MEMORANDA

SPECIAL NOTES FOR THE WEEK

going to S of E. 41 looked like a rocket without the rocket's fingers, & a stream of light behind it, but quite soundless, at about 26 to 9.

Gran 13th

Boss to in the newly-mended truck to get a pt. I saw p dinner & saw one of patients in Jasper. Gran returned full of wrath & Bot who seems to have said a lot of silly things about transparent. He made it clear he won't help with the radio when I go to Hologram. I think he can't bear me. A welcome bath at 5:30. Fed premie who is fat & vigorous. Miss dinner & just as three. Tonight gave actually written letter - from Stephenson (Z. Randall) the chemist. Fed prem for 9. Now after 10. Gran has prem in her house. Neva offering to help feed her.

APPOINTMENTS

OCTOBER, 1955

Professional

Private

MONDAY, OCT. 10th

Felt better today. My feeding when new pt came, came just as I settle down to a job. up at 6:30. Odd job, inspection. Recd. a radio for Mr. Day, sent off before it was complete. P.M. got a radio sent to Helen. A few cards done at odd moments. Jan. I slept till 3 a.m. heavily. Put a plaster on Christina's back, which I think is T.B. More job, odd jobs for both of us. I fed premie for a while then bathed. More job in tonight. I didn't get N/C done as planned. Mollie. Made up green material for new skirt. To Jan had gone to Warrington. Mrs. Parganis in. Neill & Zetter go to Warrington in their canoe for last injections. New 9:30. My turn for R.N.

TUESDAY, OCT. 11th

My housekeeping day. Up for hours, with the England said in Noh for some unknown reason. Suppose he doesn't like English. Got misf. den. found that Rodd & Bob had arrived in the new jeep. Had had a cup for work on the truck. They brought a mail box. Some here. Sent out 3 radios, as we are coming on. M. day. Trade of malaria. I can't get any work done senselessly. New done about 3/4 paper on cards all day & little else. More job in at 6 P.M. from Warrington. To Jan who has gone on to home. Kathina brought me T.B. stores. Rodd & Bob went down after agents for them. Jan went for the spin. As I was, like to have gone to it was resultful of doing her job, beasly selfish of me. No other work done. Got supper & to bed 9:30. 2 boys got off to Parganis this A.M. promise to. Tonight I saw what must have been a brilliant meteor [and off

OCTOBER, 1955

APPOINTMENTS

WED., OCT. 12th

ERORO.

Professional

Private

Woke feeling fresh for once. Up 6 to 7. Usual day. Lot of interruptions, not much done. Daughter came in & his kid. Grace too threw a lovely cerebral malaria & I began to fear for her but by lunch she was sleeping peacefully. Radio came from the Daw wh. seems to say he is coming on the M.K. wh. is due here on Monday. One for B.D. saying he is getting a European assistant. Don't think he is too pleased. He was here for lunch. Elkin came in on holiday: to go back Mon Nov 7. Talked to him for an age & then went to see Guthbert's land & he has marked out only about 1/2 acre. Went tonight to ask him for me in A.M. Joan showed a film strip on mch. & Lind was. He is putting over the death of the twin.

THURS. OCT. 13th

Wot a day! Did M.N. feed. Took a while to get to sleep. Slept till 7.30 so didn't get to Church. Worked in my house looking for Guthbert. Saw him. Oh yes B. about land. Saw A.P. & did inspection. At 11.15 told that the 2 men were going at 12. Great scatter to get ready. I & Rodd didn't look at the charge. They had an early lunch, just going at 12. When Mairn came in. Mr. Barrett with him. Blessing M. 1. Mairn fed baby as Joan was having the first lecture in mch. W. I rumped the human till 3.30. Guthbert wouldn't sell but we got over 10 acres more including the far rising ground. Lot of discussion but it all seems fixed. Mr. B. & great help. Had a quiet lunch. Joan sent Trayant for the man. At 3.30 a quiet supper, then the Jensons turned up, all for much in a hurry for them to have tea. In off to Enli. Joan &

[to Sunday 9th

APPOINTMENTS

OCTOBER, 1955

Professional

Private

FRIDAY, OCT. 14th

Hot & humid. Rain this A.M. My housekeeping. Early not too cooperative. To Mass. A lot of fussing round. Mr. Gray came in & had his knee operated before going to the Bay. Phyllis didn't arrive, so still no drugs. Jean had the babe in her house last night & didn't sleep: the babe was restless. I offered her the day off but she refused. Laramie & Dinsdale came this after. to say the Brazos people had given away their land. They didn't want to sell, but finally said they would have written a letter to the Dr. & Anguish. Anthony came to take it through. Hope that's the end of it but fear not. Pargamie has the frame - a lot in a little way with them. We had a "meeting" tonight of white staff & unanimously agree on the transfer problem. That Bot cannot take the pit & here. I sent to the Mission & Hospital.

SAT., OCT. 15th

A heavy, busy day. Jean off & a good thing after her injection. Nevertheless she played cards & talked till after 11. She & Jean are so keen on each other. They are exact opposites, too. up at 6 & just stopped all day. After lunch Bob arrived in the pit & Niece & M. Kane. Got them lunch & so on. read my letters at 3:15, one from Freddie. I can see that Mrs. L. is trying to live with it. Think Niece makes a good job of it. Late dinner. Bill in. Mester not too well. Got to work late, new ph & old ph. extra job didn't feed bats till 10. Lester & Neill returned. I got their report. Mr. G. brought them up after meeting Niece & the drugs alas. Left May till 10:40, addressed Jean still talking in M.H. so drew up a report for her & got packed up at 1 to feed bats.

OCTOBER, 1955

APPOINTMENTS

SUNDAY, OCT 16th

E R R O

Professional

Private

"Day off" courtesy Mtl only. Didn't get back to sleep quickly. up 6:30 got a cuppa. Early amily, refused to make head: Gran blew into him, he climbed down. Having it hard we all got wet through clerectory. I couldn't hear the throat so no semen passed. Very ill, I spent an hour in him. a sort of acathia, then couldn't void. Took Morph over a sedative, found he'd done it. A long talk about constipation at 9pm. Not too good. Moved him to dining room. Did some sewing. Jackson brought the finished off-duty plate for Wrenship. Must warmish them. At lunch time we tried to talk as he civil, better after a sleep. Muddled after a little sleep. Looked at Mrs. Lane's stool & anouchi cyst. Wish I was better at identifying

MEMORANDA

them. Very slept all the after. I got my head washed by missing & sing. Tonight have written M.K. mail on most of it, & a letter home. Supper in Gran, bed 10 P.M.

SPECIAL NOTES FOR THE WEEK

17th Bob spoke to Fr. Daw about taking over the post. Fr. Daw had the sense to clamp down & say it was under the head of the station. Bob has a lot to learn.

APPOINTMENTS

Professional

Private

MONDAY, OCT. 17th

MR day. Very housekeeping. Late starting inspection. Jan & I did radio but they couldn't call us before starting trunk calls. Bob got on to estimating electrical needs from the O'neal engine. Packed boat at 2:30. The jeep brought back the deer & Mrs. Neum in his for after tea. Neum seems to me though if the suggestion as to his activities are questionable. Mr. Gray, being of delayed fair, has forced him out to the mission - an awkward position for everyone. Maud much. 3 patients only, not seen yet after dinner. I saw Glad to see Neum & wife & versa. Kates saw TB land & talked about it at night usual job. Boat packed etc. Mrs. Neum's birthday & presented on quite a party at supper time. A lot of talk to the household & mail & sent by post. Bruno feeding babe. X was parcels - 25 lbs. in weight - one for me came! Nice letter from Oliver.

TUESDAY, OCT. 18th

St. Luke's day. Up to 6 & 6 & fed promising what Jan did other jobs. To Mass a really lovely service & follow that in Mass - the first real service for me for ages. Thousand faulted but I was above them. It was being in English to fast & they got off. Bob took Mrs. Neum down to drink the jeep back. If only Jan had been awake & answered the work of. Muddled day, Jan & I both on edge & nervous as Lorna up. Charlie later as a P. That & radio took up a lot of the day. Lorna was there PM & I had a big radio to go out. Packing W'gela drugs. Tonight unpacked my stove, clothes etc. Saw Dennis's school & lot of oranges in & by is in French. I miserable poor lad - fever too. Saw a 1/2 can case brought in nice too. Now 9:30.

OCTOBER, 1955

APPOINTMENTS

WED., OCT. 19th

EROR.

Professional

Private

Shel' tried & stupid, but not so bad. Jan also
 Shel' haven't checked stores. Up 6.30, offered to
 help Jan as she had a lot to do - saw to b' fast
 for her. Started Wed. finished at 10:15. Jan did a
 skin graft while I did anaesthetic. Charlie came
 utterly miserable but wouldn't stay. Couldn't get
 the lady radiologist till 2 PM. who interrupted hoop up
 had preliminary 3 hours - she fought away now & is really
 sturdy. Not much sleep after I got to bed. She finally
 finished. Saw Mrs. Lami's school & saw some amusements
 the last to get pretty short shift. Can't enjoy life
 much left alone. Thought how slow cards. Mrs. Gray
 brought Mrs. Vann back. Vann has been pretty
 miserable poor lad. The boy came back from tent
 - Percussis walkabout complete, praise etc.

THURS., OCT. 20th

25.10.55

I really forget what happened. Charlie came up
 we did inspection etc. Saw Augustus back from Pop
 who said he refused to sell his father's land as the
 money was not enough. He wanted pay every year
 till he died! I just can't think what that
 means as TBH land

APPOINTMENTS

OCTOBER, 1955

Floro
25-10-55

Professional

Private

FRIDAY, OCT. 21st

Usual day, but P.M. Gran found Ethie not eating
a drinking her milk. Saw a very bad liquid stool
on the floor & a granularis gastric drip. She produced
several stools involuntarily & Gran was changing bed
all the time. I finished cards & got odd job done.
To bed 6:15.

25-10-55

SAT., OCT. 22nd

Gran tried to have a day off but - no luck.
We were called several times after 1:15 & at 5 Ethie died.
Father took about 20 mins to care over all beautiful
accidents. up again at 6, & more or less in charge.
Gran took the job to Eulie for food & was cooking
food. Had to cook all the food & a leg of goat. M.K.
came early & to Day & Bob arrived 12:30 without him h.
Bob & silent. I think feeling important. Odeon.
Only 2 pb. but a lot of mud. Got job done & had to
write some letters & then back. Bed 1:15.

OCTOBER, 1955

Written 26-10-55

APPOINTMENTS

SUNDAY, OCT. 23rd

ERORO- SEFOA

Professional

Private

up at 6 & packed till 8, then to Church missing
 sermon. Mrs Lane definitely down to it & crying easily.
 Decided she wd. go to the dim dim ward. Warned
 about leaving it all to Joan but decided for ego.
 B'fast. to boat. off at 10:10. Called Euse & Pangea, I
 didn't get to before till 2 to 9. I slept a good
 bit. Mr D saw a cheerful sort of person. Mr. T. & Hans
 shipping each other. up before till in the dark,
 having dinner on board. In Arthur already a
 supper bath. I slept in Bessie's room.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

Written 25.10.55

APPOINTMENTS

OCTOBER, 1955

SEFOA-WANIGELA-MUKAWA

Professional

Private

MONDAY, OCT. 24th

Up at 7. 1/2 past 1 saw Dispensary. Got off at 8.25 to
 leave at 9. but didn't get on the boat till nearly 12.
 George up all night fixing the engine. Called at Tufi
 to load copra & photo up Mrs. Numa. the children, back
 to Cindlands for morning tea. She looks young & well
 preserved, & said she felt young. Left Tufi at 12.45.
 Picked up copra at a place near Nainu, a beautiful
 spot. Despo's boat came out. Looks like a man
 run to seed - no, nothing as useful as seed. Wiggles
 at 5. Helen to meet us so we talked on the way in.
 Mr. K-Smith at Sarad for dinner & the Numa for the
 night. Finished dinner at 8.30, sent ph. to bed
 11.45.

TUESDAY, OCT. 25th

Up at 5, Helen later to let them 9. up earlier.
 Had a ruffa & saw boats to the beach soon after 6. Got
 away just before 7. A glorious morning & Collingwood
 Bay & its mountains beautiful in calm pastel shades.
 Walked Helen & Niv. Calm sea to Mukawa. Arthur
 came as far as Kewarasesap. We picked up copra there &
 at Sarapa & are full to the lid. Slept most of the day.
 read but tackled a few letters. Calm pleasant day.
 & good talk. To Alan. My Kayon at 6. To Peter looking
 well & managing quite well. & think he is learning
 mission ways in a practical serene fast. Saw a
 couple of ph. in Edward, who looks as if he is working
 for a reproof, for his. Let praise what I could
 praise. Bed 9 PM.

OCTOBER, 1955

APPOINTMENTS

WED., OCT. 26th

29:10:55

MUKAWA - DOGURA

Professional

Private

In Peta was up all night writing letters. I up at 6, & I fast & away. I don't think I have ever known Pibitini so calm. Read & wrote letters. Called at Tarakamun for copra, a lovely quiet spot & a good anchorage. Mrs. Smith full of hospitality & good advice - wants the mission to transfer & then build a ship, get a timber lease & cart timber from Soodenough for him to mill! What amusing. Menapi at 12. Mrs. Crutche alone. Saw a rich old Boianai as usual. Saw 6 husbands. Genevieve who had forgotten me. The Church going ahead & will be quite law-inspiring. Dogura at 6, had too full to lie up at the jetty. Sleeping in Dogura house. Johnathan saw a lovely kid, & like his father. Today looks thin & his face has lost its softness. Will be here.

THURS., OCT. 27th

Sleeping in Dogura house & sharing Emily's room. Did not get up to say good-bye to the Daws. Meals are pretty awful. Spent the morning in the Hospital. The nurses in dresses, which look nice but I am prejudiced against them. Made up some Gram stains to look for gon in a pt. Looked at night & saw little of anything. Poor microscope I tell you. Septimus fits moral efficient self. but gets headache, says he has trouble at home. Mary, Lindsay, jealous. Slept after lunch & got little done. Festival to song for St. Simon & Jude - very beautiful. The Cathedral a delight. John C. has altered Anna. He makes all places beautiful. Saw the child who fractured his skull. Dr. May & Turner flew out to see him on Sunday. Doing wonderfully well.

OCTOBER, 1955

APPOINTMENTS

FRIDAY, OCT. 28th

30.10.55

Professional

Private

To High Mass, Weddman. John has turned the seat round & there is no comfort when one kneels. Did a round at the Hospital. Some odd job. A Boranai woman came in. Hyperemesis so did a P.V. Lesley won't rest after lunch but did get to the cottage at 3.15 & slept thr. after tea. She looks tired! I moved to the cottage. I'm glad to do so. Wrote a couple of letters, little else. Journal about the sisters moving to their new home & giving up the housekeeping. It will be a great burden to the others but CHN have done it for too long. Hope the new Doctor's wife will take it on.

SAT., OCT. 29th

Lesley, I slept on till 6' past. Black day. Saw post wrote 2 letters before lunch. Dr. Helen has a nasty ulcer is ordered to lie up. Had a rest, read the Manton's text, changed to go to college. Some Gova college men helped me down the hill, i.e. with who is Naphthalene's sister. Has a strong +ve Manton. Lovely to see Oliver who appears to be just as happy to see me. The new home is very good & comfortable. He showed me all of it & I like it - the floor of St. Anna. Brian has put odd designs on every corner like a Chinese house - St. Anna fighting a dragon & I sing in West rather long & dreamy. Dinner then O.I. I talked & talked a real pleasure for him for he is so lonely. I spilled a lot of beans too. Dear Oliver, it is a joy to hold converse with him again. Talked bel after 11. When home in the glorious moonlight. Nicodemus. I bear came to help us up the hill.

OCTOBER, 1955

DOGURA

APPOINTMENTS

SUNDAY, OCT. 30th

31.10.55

Professional

Private

Woke at 5:30, so to 6 o'clock. Mass. It good but one does
get uncomfortable kneeling & suppat. Till 6:15 past
did odd job & prepared a talk for SAC. M.O. West
down to Faith, had M.O. office. I talked on "The
Month". Saw a couple of pts & took some snaps. We
talked to Olivia till after 1. He was wound up &
seemed glad to talk, though I thought he felt his
Sunday to himself. Not back till 12. after seeing
Newton College chapel. They still have ugly old
packing cases for pens. Take lunch. It about 1:30.
A man hit a fire in Wigan, it burnt 4 houses
and spread to the ship. The mission boys helping
to fight it. Evening late. Lpwan's Martha &
Luka's pen received into the church. Late dinner.

MEMORANDA

then finishes. Not so good but a pleasant
change. Having headaches & running aches.

SPECIAL NOTES FOR THE WEEK

OCTOBER, 1955

APPOINTMENTS

MONDAY, OCT. 31st

Professional

Private

Up 6:30, odd job: bfast. Went to see the Sister's new house, too small but otherwise nice; & on to Lantana to see Audi & five. The children sang & recited & well too. Did inspection, looked at a school, not much else. P.M. had a sleep. Saw Sylvanus' child who is developing a hydrocephalus, & had adhesions over its meningococcal & decided age operation. A muddy day & only one letter written. Washed my head. Cathedral lovely for all St. Tonight talked to the Sister & to Lesley. I fear I am much too fond of laying down the law. Lesley won't rest & stays in the shop endlessly. Only just having her bath at 9 P.M. Friction between Ferny & the Austrians & Dad - one can see both sides of the picture. Incredibly beautiful night - full moon.

NOVEMBER, 1955

TUESDAY, NOV. 1st
Melbourne Cup Day

Up for Mass of all St. at 7 A.M. & all the Anniversary. Very beautiful. I felt a Communion: the people around me rather than the Saint. Cassie here for it & the rest of the day. Saw ph in Hospital & wrote letters from morning tea onwards. Slap up lunch - chook & salad. Finished 'The Many Splendored Thing' - I would like to read it again some time & digest it better. But & a after tea party, & everyone then a little speech & a for Cassie. It had been a 70th birthday. Brian sending his illuminating smiles in my direction though we hardly spoke. Saw Harry B. professionally & sang Testate Procession slap-up dinner: fish & fresh beef. The kids did a bit of dancing. All except me went down in the pit: Cassie got nearly drowned in sudden rain. Supper: bed. Mrs K. came today

NOVEMBER, 1955

APPOINTMENTS

WED., NOV. 2nd

DOG URA.

Professional

Private

ael Sauli' mass. Odd job all b'fast. Saw A-N. I-W b'line & got 2 letters written. A big fuss about a Wamira boy who came up last night & sat in d's office & wrote the evening duty notebook for her. He said she irritated him. Much fuss & tears. John had a talk to F. Allan. + P in Samara, coming at M.K. Friday or Sat. & returns Samara on Sunday. Don't know if I shd go or not. Congrats on 19th. To Lambina pleasant after, seeing Kip & Miss K herself. Not back till after 6. Took a bath, talk to Lealey & not another thing accomplished. The feeling agst. Pat here is so strong, mostly fostered by the 2 b'richolms. It is sad but understandable. Very hot day: I have prickly heat the first time for months or years.

THURS. NOV. 3rd

Up at 6 & ready to go to Wamira but it rained so wrote a letter before b'fast. Elizabeth. I went in the truck at 9:30. I saw little kids. Eli. sewed. Cassie is charming, but saying critical things esp. of Pat & George Papas. I'm a generous mood & gave me lot of books (some mine & some) & little oddies & ends inc. a pair plain round glass. It is strange to see Wamira stripped of its adornment. Briget arrived at 3.15 & we left. Took some snaps. Back for coffee, bath & sleep. After dinner wrote 2 letters. While at Wamira John sent a boy in a radio from Fran — people want to sell land for TBH & DC recommends Enli Craven land. It is flat dull & featureless & am so sad. Also can't get a conversation in Erro.

APPOINTMENTS

NOVEMBER, 1955

Professional

Private

FRIDAY, NOV. 4th

Oindubh. Called once in the night. A muddled some
 day but we survived quite well & September in
 valuable Lesley just stayed in bed & slept the whole
 day. I offered her Comrad off but she refused.
 At last got the 8.5 asked, no boat going up the
 coast this week so I am staying here. Went to
 Mass (English) 51 for T.B.H. odd job. did lot of
 Mantou tests, wrote up summaries of some
 monthly reports for Conference Report. Windy day,
 Ethel Joyce sick. I think there may be reason for
 Mary Lindsay's yabbering. O. we heard yesterday on
 the radio that Princess Margaret has announced she
 will not marry Townsend because it is not in the
 Will of God. It is very wonderful.

SAT., NOV. 5th

A fairly productive day just because I
 have done little in the shop. Lesley called 3
 times in the night for kid. A up at 7, after 6 fast
 during wh I tried to start the problem of the
 old hands - mental fatigue, too much devotion to
 work etc - to the young ones. did some washing & red
 inspection & saw some Mantou, & wrote letter Lesley
 didn't come to lunch at all. I scolded her. Real then
 cut out & started sewing a patch bell after tea. Bath
 & to the pthy to meet M.K. T + P. all in research ready
 to bless us. A cheer for Laurence too after his trip
 by Australia. Albert MacLaren's remains on board.
 Tonight 8.30 song & singing mail M.K. returns at end
 of week & Lott on board. + P.

NOVEMBER, 1955

APPOINTMENTS

SUNDAY, NOV. 6th

DOGURA

Professional

Private

Up for 6 AM Mass. the Bishop celebrating, as well that
I did. Florence & L. I went well till about 11. Realized
that with the M.K. returning this week we should get
some X rays done. Asked driver to send in John Gabel
& family. He is upset but saw the sense of it. Got
them off by 11:30. L. I spent the day watching F.
who made little advance 11-14 in spite of good
pains. Thought she must be post. though she appeared
to be ant. If she had been the babe would not have
survived. On view 4-30. I at 5:30 decided to force her
as she was so tired. Lasting slow over preparation -
fatigue, I think. Found acupunctum but delivered a
vigorous babe - ffs. Thank God I got them in alright.
Then a P.P.H. I could see the Pt was shocked so relieved
it. picked up her episiotomy. Fee about 2 p.m.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

She wd. never have stood it if all this Fe. lived of
the past month. Murphy silent & praying like
mad. The babe a vigorous little girl. Brought at
about 7, then I had hers, & between us we did the
evening job, bath & bed. It is hiring.

APPOINTMENTS

NOVEMBER, 1955

Professional

Private

MONDAY, NOV. 7th

Slept in bed in bed. Had a gray off except for a couple of trips to the Hospital. Florence quite bright. The babe cries a fair bit. Read a novel till 11:45 - pleasant. Then odd jobs & wrote a couple of letters to College after after tea - a long long talk. Oliver. Didn't get home till after 11:30. He read me Vera's letter, speaking of Dorothea. It seems to have been turned aside from the idea of coming up here, but it has happened the hard way. We got on to spiritual problems in bed and he did give me a couple of leads that I needed - to offer up all the cramping of my personality as an offering to God, & to remember that the rest of the people who are here are here by God's will just as much as I.

TUESDAY, NOV. 8th

Laid in bed with a shocking headache. Felt OK after a couple of aspirin. He was up at 4:15 to 5:00. Persuaded to go off duty at his past time & she has slept most of the time since. A good day in Hosp. got through the job & copied up some reports & nothing else. Saw John. He is naughty: he can be so charming but he sets out to be nasty & provoking & when he has shared up a battle he is injured. But no one is well. I told him to take Phenobarb. He & with PRN & hope he will. Say + P is planning to put the Houstons at Warrick. Really + P does some silly things & I hope he thinks it over again.

NOVEMBER, 1955

APPOINTMENTS

WED., NOV. 9th

DOGURA

Professional

Private

I feel as if I have accomplished a good deal for once! Nothing in Hospital but a run round the wards. A/N blime. L. had a rotten headache wh. wouldn't shift & was away from the Hosp. quarters. I wrote 4 letters, did some sewing for Timmy. Shockingly hot weather & at night too hot to sleep. It is sad to see a fair bit of breaking here, but all concerned jolly well ask for it to Newton College for dinner. In Cassady's house, is hopelessly chawed & shut it. I would have it but he is happily indifferent. He is well. Quite a good host. Gibson is cook. George Nixon helped Gibson brought me home at 8.30.

THURS., NOV. 10th

11.11.55.

Up for Mass 5! medical work. Did an inpatient. Spent the morning copying up old reports. After lunch hoop up & wrote letters solidly. John opened his & was cases left over from last year & found a lot of samples for me in them. Writing bath & sang. In the evening finished the report. Lesley had a rotten headache & pain in back of the neck & lay down a fair bit.

APPOINTMENTS

NOVEMBER, 1955

Professional

Private

FRIDAY, NOV. 11th
Armistice Day, 1918

Slept all 7. Thunder & lightning. Some rain in the night & a lot of rain all day. The air blessedly cool. Found Owen Stanley off his bed the 3rd time this week, so had him on to his parents' indignation. Sewed the rest of the morning & finished the dress for Emily. After lunch slept again till 2 to 3, got on to my new dress & got some done. Radio came playing M.K. Hoarise so I sang at 4.45, & after talked to Lesley. We had sherry. Just finished dinner: M.K. sighted. Bishop, Elizabeth, & Lot 1 & Mr. McZurik on board. Am not sure of him yet - certainly not shy. I fear an egoist. To go to College tomorrow. + P in good form. Letter pen. Jan & all the news. Truly announced that she had resigned, now thought she was joking but apparently it is true. Glad! Mother looks well. Name flew to Pop last Tuesday. No boat up the Coast.

SAT., NOV. 12th

Up for Mass in English. Bishop celebrating. The difference in the time of the meal-table before & after the arrival of + P is most marked. Fiddled round in the shop showing Mr. McZurik round & talking to Lot & saw pt. During my dress till lunch & again before aft. tea. Gloria & her friends turned on bad galathea at lunch. Time so watched them while I had a late lunch. She is much better the last two days. Washed my head & did some mending. I sang at 7.30 & got one letter done after. Mr. McZurik is a self-willed young man, I fear he won't go down too well at S.N.C. Wants to live up here: he doesn't like Harry's little house. Wants to start a brotherhood to run this school & perhaps has 3 brothers in view to start it. He has a history, possibly married & kids of his own. Anyway he is used to handling babies.

NOVEMBER, 1955

APPOINTMENTS

SUNDAY, NOV. 13th

DOG U R A

Professional

Private

up for 6 AM mass, is good. I have been able to pray
 & pray sincerely the last day or 2. Saw Hospital
 before 6 past & afterwards sewed my dress & interview
 Bishop at 11 after his farewell service for Cassie at
 Wamira. Left TB land in hands of Mr. Bennett & me if
 I can get up to see him in time. Thanks I may catch
 a plane from Milne Bay. Agreed: me about Mrs. Lane.
 Talk about med. registration. The Board may go to Pop.
 He himself brought up the question of the Wamira at
 Wamira. He told me all his reasons, all men. med. &
 I allowed me to put my point of view. Also talked of
 Gilchrist, Margaret. Hoop up, went for a refreshing
 walk along the beach & just let my mind appreciate
 things, seeing, after the Milne Bay. Tonight's pictures
 quite good. I think Mr. McR. is going to be hard

MEMORANDA

SPECIAL NOTES FOR THE WEEK

to put up with — certainly one can't ignore him. he
 has little notion of fitting into an already made
 pattern of life, as one must up here.

APPOINTMENTS

Professional

Private

MONDAY, NOV. 14th

Lealey's day off. I up at 6, saw to Hospital: getting drugs off, Ruffa: saw Stat: Mr. M. G. off per M.K. / Mr. M. G. said he didn't want to go & same emphasis, then went. The opinion of the girls is that he is a wolf. I thought he might have his propensities in control. I present a bundle of many kinds, anyway. Black day in Hosp.: sewed a lot. Almost finished my dress wh. is 5 clars. + I tried to talk to Dr. Dant: couldn't get through. My movements completely uncertain! George L. plan-ning to go to Samara on Thurs. not Wed. The engine is bad. I feel heaps better but am still very lazy and don't want to push myself with jobs.

TUESDAY, NOV. 15th

A day almost completely off. Slept till 7:15, saw the Bishop after hearing the sched: left the business of my return in his hands. God's... Did a quick inspection: then got on to nightdresses. Have almost completed two, lapart from sewing lace on, which must be done in Samara. Casale & I went to hear John's permission band, all the fiddles with improvised instruments. He and the band are amazingly good. He uses the piano to good purpose, gives music: signals for sitting, standing. Bishop was there too. Sent radio to S.H. & to W. in. Spent the evening doing the hem of my dress: talking to Lealey.

NOVEMBER, 1955

APPOINTMENTS

WED. NOV. 16th

DOGURA TAUPOTA

Professional

Private

17.11.55

St. Margaret's day. Bp. celebrated. The medicals all signed up in force. A good service. Did odd jobs in Nap. an A-N to him. Took a lump (? fibroma) off a girl's arm under L.A. Finished blue dress in the aftn. finished the machining on the 2 nightblouses & did some packing. M.K. arrived from Napier at 5:30. Oliver came to dinner for farewell to Cassie. Brian sent Gerald & children & pretty obvious to what to do with them? Spoke to P who doesn't want to move Gerald. I fear he doesn't realize the implications of T-B. I departed little. Ennib's chest expecting to get a lot of fluid & got nothing. Supper & packed till 10:30 then read letters. Finished my book. The Wamias came up & sang for Cassie. She bears all this with great fortitude.

THURS., NOV. 17th

Up at 5:30. & packed. Got to 5 miles of Maas then out to get my luggage loaded. Away fairly well on time. Everyone turned out to farewell Cassie except Newton College. Really to moving. The Bishop blessed her. The boat did pick up copra at Maguware & glomans run in the early morning & they then back past Dogura & close in to Wamira where all the population was waving madly. Poor old Cassie. I wrote letters on board. W. picked up copra. Taupota at 2:15. met the Kungans. Found we were to stay for 2 nights. A lot of pleasant talk. He is a good talker, a good thing as he does little else. Saw W. incessant patient. Everything neat. Ardy put slack on job. Almost no pumps taken. Miss had much talk to the K. about his health. No bath till after dinner.

NOVEMBER, 1955

APPOINTMENTS

TAUPOTA - SAMARAI

Professional

Private

FRIDAY, NOV. 18th

Quite a busy morning. Up to Maese to find it had started well ahead of mine. Saw Fr. Ken & talked about his health & lack of it. Saw Fr. Clement. Left after lunch till 2 to 4, M.K. returned at 4:30. Dawn. I sat on the beach. talked & then Ken came. His health is the constant topic. I like him. He was interested enough in me to be flattering - praise of a Dr plus the fact that I'm a woman. Cassie was in quiet. Bed at 10.

20.11.55

SAT., NOV. 19th

Up at 4 to 6, to fast. left Tautota sharp at 7 as arranged. Good trip, only sl. choppy across Milne Bay. Talked to George a lot, wrote letters. Got off at Maese to see Edward who was supposed to be ill. Found him chirpy but Grace. Pneumonia plus a ? humor in her humming. She came to Samarai. Fascinating coming through East Cape. We had to borrow a skin of the island from the Lochiel on her way North. Samarai 4-ish. Dr. Faith still here. Reuby as usual, Johnathan a nice baby but all of them hyperactive. Fr. Allen's birthday so there was a cake & 3 red candles and bowls etc. to sing & 2 baptisms at 7:30. Then everyone was sleepy they went to bed.

NOVEMBER, 1955

APPOINTMENTS

SUNDAY, NOV. 20th SAMARAI.

Professional

Private

Pleasant day up for Mass at 7.30. B' fact did some washing & wrote letters. Young Jonathan & Peter. We were to go for a spin in the St. George but the new engine, but the speedometer or its equivalent was not installed so the idea was cancelled. After lunch lay down & slept & read a Woodhead's cliffs. went to see the Parases family. Little Nicholas is 4 & should say doing well considering he didn't start thyroid till 6 1/2. He is nearly 1 year but can't sit up yet. Helen is a sweet wee thing. Mary a plump beauty. I read party tea. E'sung, supper. met sundry people like the D. who have been on leave. seen R. Russell. Bed & read my thriller. In faith went out at 10 on the St. G. as she waved to us in

MEMORANDA

her white habit. The St. G. glided out in the dawn light. It looked like a magical barge or something out of King Arthur. Perfectly beautiful.

SPECIAL NOTES FOR THE WEEK

+ delightful after met the 2 RC priests from US bound for Southern Highlands. Fr. Paul in Hospital, the other staying in the Sobols most charming. I liked him immensely. a Capuchin & apparently they all wear beards. They all went to Amis. I met Dorothy going to shrine so went too & looked on. Late dinner. The boys didn't cook the vegetables. E'sung letters & supper. talk Jessie got a boat to Misima. the Methodist one. Jessie trying to give me all sort of things. it is rather embarrassing.

APPOINTMENTS

NOVEMBER, 1955

SAMARAI.

Professional

Private

MONDAY, NOV. 21st

Jonathan much improved. The houseboys most troublesome, but they must acquiesce under Dorothy's tongue. Fast then talked to Z. Allen & got in touch with Archie DC re Cecil Barnard, ready for Barnett at Wreathy. Finally had a talk at 1:30. He likes the Eynli land better than the Ems. Went shopping & Cassie, again on my own account. Ran into Helena of Busega who said she is going up on the Lihunguipa on Friday. It was a cabin so it is decided will go on her too & cancel the Wreathy trip. It is the obvious thing yet am disappointed. However there is too to do for Samarai. Lunch rest, & see Dr. Tobol. Full of beans. Saw a nice man shaved me the pb. & lunch talk. To his house for a photo.

TUESDAY, NOV. 22nd

What a place for coming & going! Dorothy's birthday, & to Mass St. for the for Cassie. Kulolo arrived at 7, anchored in the stream till the Gopra boat moved out, and the B. moved in 9:30. Kulolo looks better than I expected but had some & unhealthy fat. Eckhoff on board. He full of talk, quite good talk, but he rather dominates the conversation. He is small & quiet. Morning tea & much talk, a day of fiddling & food & shopping. Talk got my keep-up & felt I needed it. Great talk is being. Boat went at 3:30. Cassie helpful at the end but remained in control of herself. Z. Allen got a talk. Loggia. SLG coming in & a patient & Mr. McDonald who is being sent home from the presented a cheque that bounced. Had of ABM not to check better. Some friends came in at night. I meant to see them but got caught. Slipped away 10-20 to write letters.

NOVEMBER, 1955

APPOINTMENTS

WED., NOV. 23rd

SAMARAI.

Professional

Private

25-11-55

I get too sleepy to write at night. I up in bus for 6' fast, odd job, M. George arrived at 9 - Lesley & the McQuirk. The patients were Harriet & another woman, both braemier. The stores of Mr. A. went up. He put himself in the cabin & slept all night, leaving Lesley on deck getting soaked in the rain. Fred on the phone to P.M. police who already knew him, so probably he is for arrest when he reaches Australia. I went to Lesley's. Loloh a perfect plan for a TB Hospital but O.I. does need a white feather. Back before 12, lovely on the launch. Bought some 5 yd lengths for 13/5 each at Bunting for med. wives Lesley. 7 1/2 th. Had to see the fls arranged for Harriet to go to Errol on 17K. Mr. A. went on the plane at 3. I cut out another frock & did wringing. Late to bed. The days have Lesley. The Eckhoff ball finally in the night.

THURS. NOV. 24th

Mr. B. woke at 4, thought it was 5, put on the lights & we were sleep. The Ed. Lesley got off on the M.G. at 6, I would have a rotten trip. I fear. I collected my suitcase & did some shopping also packed up lot of details: Allan. Sewed all the morning, mending, nighties & new dress. At 2 to Lesley to see X-ray but the Sobol didn't turn up & I left at 2.30. Sewing & making caps for the party & mending. After 8 sang hummed Peckys Chorus. Choir practice then I. I made some baskets like water-lilies for the party. Bed 10.30 nearly asleep.

NOVEMBER, 1955

APPOINTMENTS

SAMARA I.

Professional

Private

FRIDAY, NOV. 25th

Slept like a log till 7. Had quite a busy & useful morning. To Customs & US Army. It is quite alright to import them so long as there are no prohibited bones. To Hospital, saw Dr. Graw on route to a job in Wroesby, also met Peter Bailey the X-ray man who gave me some useful tips. Dr. S. came but did not do the hernia. & I left. To R.T.C. met Mr. McCubbin, Mr. Longman, and a Miss Blackwood, all very pleasant & helpful. To Customs & at long last got last X-ray's Tasmanian boxes out by a scruffy inspection & valuation. After lunch slept, helped Dorothy & partly cooking & did a sort of sewing in between, took Christy, little Helen & Maria for a swim, cold & rough. Taught E'song, wrote some letters, was to bed 9.30. Chumapa goes 2 AM Sunday!

SAT., NOV. 26th

Up to Mass, Austin served. Did some shopping, washed my head, helped in the kitchen till lunch, making cream, cutting sandwiches etc. Got hold of Mr. Cook who would not give me a 3 MC crystal, but arranged that Rogers & I could speak direct to each other, not through Barbara. To have a call as an experiment. Lovely roast dinner, Mr. young Christy just boyed with. We ate a letter to Dr. Wray & one to John C. both to the party. Had to pack in a hurry, as the Chumapa moved out from the wharf at 5. Party went well. The tables looked pretty. Fiddled & bdd, made a lovely - precious tea. E'song, a drink & to the wharf at 9. The blipper very worth - Microdorus: he was trying to show 3 crabs on as personal luggage. His name is Blot (? Busch) & is German in his mind. He given his cabin to Mr. Bartie cranked, not too clean, ghastly built. The Mary in today - played cricket.

NOVEMBER, 1955

APPOINTMENTS

SUNDAY, NOV. 27th

SAMARAI - BANIARA

Professional

Private

The skipper Peter Black came aboard at 1/2 to 2, the latter apparently being pushed aboard after a party & he slept it off till lunch. Ref. anchored at 2, going through E. Gap at 6.30. Perfect morning & perfect sea. I wrote letters till 12, in P.M., read, & sewed lace in my nightie. Slept after lunch. Good wonderful Menapi at 5.30 for 2 hr, ran to Nissan. Peter & they were all at 8' song. Mrs. Cynthia came out & was glad for me to take some mail. Baniara at 7 in heavy rain. Jim Gemmet in charge, as A. Anthony in Samara. Jim later at Lush Valley, a quiet serious looking bloke, abstemious too. He knows A. Sam but not Bob Hay. The men drank whiskey aboard - as had a late dinner, then ashore to drink beer with Jim. Home in glorious moonlight to the boat. The coconuts looked & striking.

30th

MEMORANDA

SPECIAL NOTES FOR THE WEEK

on that account, & apparently thus cut away the grounds for arresting him - but that must have been the cheque that bounced. He talked of his pending divorce all the way up. Acc. to name the Bf knew some of his past history. It does seem incredible that he should have been allowed to come. Brisbane was warned, but not Samara. Nov 11.30.

NOVEMBER, 1955

APPOINTMENTS

BANIARA-TUFI-GONA.

Professional

Private

MONDAY, NOV. 28th

Nice day, but weather variable. Fair bit of rain & choppy sea in spots up at 6:30. Usual meals. Wrote letters & read a couple of Journals, a bit of sewing. Tufi at 4:30. On 11:15 school heard a radio to Tufi from Helen notifying whoop & asking for serum. EMAs PO on patrol & head med-boy had a mid. on Orkawa girl, principal & a bad PPH. PT retained 15 hours. Baby stillborn & had twice round neck? another cause. Feel it could have been saved. No I-V materials, ordered QES liver, F1 saw 2? TBs. Manetia keeps the place well & knows his work. Very nice to see how Bells asked me to dinner, the others came after & spent the evening chatting. The Bell baby lovely, but for fat-take in very good state.

30.11.55

TUESDAY, NOV. 29th

Wet, fairly rough night. Ref. anchored at 12:30. Shuffy cabin & good to get all of it. Ears blocked & one crew felt cramped & deafness. Got some sewing done. On Bay at 4, 6:0. The Kays, Joan & Mrs. Lane there. The latter going home on the vessel. Joan looks & heard. They have all been ill - what they call paratyphoid. Name wanted me: Lydia was trying to come in but labor prematurely. S.M.H. O.K. & I came on. Joan had my mail for me, so the boat I read to my heart's content. Charlie all in H very & haematemesis. Not too good yet. Wrote a bit, then read. As yet I was rough. K. on at 4. Gasper & Edwin on the petty cash books for unloading. I walked to Gona arriving at 6:20. F. John distasteful but his mail had just come & his mother sick. Bath last dinner, gave Lydia not 1.6. Name arranged my case & got on clean. In spite of the wog which she has had for 3rd she looks a bit better. Bless her it is good to see her. David at much improved.

NOVEMBER, 1955

APPOINTMENTS

WED., NOV. 30th

GONA

Professional

Private

up to Mass of St. Andrew at 7, & I could take part quite well for a while. Mary decided to stay here. Busy morning. Wakes A.N.S. Lydia's P.V. re. M. has plenty of stuff. Let say they are in the new ones that are available. I in for room. Mrs. Wyllie came to stay, pleasant and but not to deep thinking. Got Mary to rest after lunch. We both slept. I read till 3:10. Saw Jk. Anita came in bleeding P.V., 2nd frequent. Simon made my Confession. F. John in good. Confession just as hard as ever & no indulgent only a call to further effort. In J. rightly say I must discipline myself. Wrote a letter to Mrs. Nance came, we suffer we talked over. Simon the know a lot. The Chairman thought he would be arrested in his cabin in Sydney. Still let them come. He paid an account of the last minute, nearly missed the boat to Jan 27th.

THURS. DEC. 1st.

DECEMBER, 1955

We thought Fr. John was going to Mass at Sunday & no Mass here; however, it is known he goes away for Mass so that means no chance to go prob. till Sunday. A wet day & rather muddy. Saw Jk. AM. Mrs. Wyllie went at 10:30. Took some mail. Anita Joyce aborted in the night. Slept till nearly 3, M. didn't get a rest. We went through the night. Got to 2:00. Elaine arrived back from walkabout at 6 & by the time we wanted for her to bath it was frightfully late. F. John arrived from Sunday as we last knew. He has sent me some books for meditation. Saw talk tonight, wrote 2 letters, a letter after 10, was nearly 11:30. M. working in sleep till after 10, goodness. Knows what at.

APPOINTMENTS

GONA - POP - FROKO

Professional

Private

FRIDAY, DEC. 2nd

No mass today. Up & b'fast wh. was rather before 8. The John came back from Gona laterish. Took some snaps, last minute job & away at 9 instead of 8.30. Nice walk to Henry there before him. I think cross me for being late. He looks better for his leave but still not the best. Good buy up, coffee & Rae. Found Patas were here, & Denise came in. Says he feels well, but still painfully thin. Talked, wrote, after lunch saw Marjorie A/N. Bob drove me to Govt. sh. saw Mr. Norman, P.O. & Sam. Poured rain. Back to Harb. Betty & Kate blooming. Everyone but me went to the school break-up. I wrote letters & paid mail. They back at 6, drink & talk. Got a coldish denia at 8.15! bed 9.30. Maddy's housekeeping is distinctively poor, she seems painfully aware of the fact & is sorry. Poor Maddy. Says she is really well for she's just here for ages - doesn't look specially well.

SAT., DEC. 3rd

Up at 4 to 7, ready for plane wh. came at 7.30 as we were beginning b'fast. The H took me out. I sat in the cook pt. & pleasant. Think 8.30, no vehicle but Bob came at 9. Pleasant too, fragile H. Got to mission in rain. To Hosh where I was announcing Lata M. who is Kava Kava again. A v. sick SDA child, neglected at Pangani. Decided to I plan 'just got the blood from the father when the child sick. Couldn't get another friend either. Awfully hard for SDA's. To late for lunch wh. was delicious (mushroom ginelette). A lot of a rest late, got unpacked in a house. Betty not too well. Thought a party to farewell Bill quite nice but it went on too long & Bill was drunk to start with. Some quarrel in the mission (apparently: to Ryan with to week). He was almost wandering when as his best friend in the mission. Dennis Lamb there, he not to an interesting study, I think. Lata claims quite good babe. Home 11.30

DECEMBER, 1955

APPOINTMENTS

SUNDAY, DEC. 4th

ERORO.

Professional

Private

I wake early these days. up for Mass wh. I could
 not go tonight & rise above the difficulties. I should
 that G. & B. should both work but do a minimum. I
 should be free for my own clearing up. Now spend the
 entire day clearing up mess, packing things & going
 to T. John's for boredom & spiritual starvation. When I
 heard plain & simple is good but philosophical. Let me
 keep up & working & odd jobs for me to do, a part from
 the demanding hospital job. Went to the Bay
 after lunch, not back yet at 10.30. G. Rodney
 of Kofu came in from Kava - the most powerful person
 I have seen & boasting of his strength - with his
 hands tied. G. the strength in his speech. Much talk
 from lovely parcel from Newcastle. 13 Baphem
 brought ink. Mary Viviani & Ann Margaret Bates.

MEMORANDA

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

MONDAY, DEC. 5th

ERORO-GONA

Professional

Private

Quite a day. I did housekeeping. Spent the day getting into the subing of things. Got Dist. boys on to orders, long inspection, did radio, 4 to read all, got them out in spite of a local storm. 2 Gona med. boys arrived in letter from John to say Nance is sick. I am cross for not coming up & myself for not insisting. I think it may be the Amurungu. Talvan to go on foot. 7 to fly. Paddy checking, sailing, clearing job all day. Heard Blue Keteading gang hit, find Nance is landing his, we go outboard motor for AM. Saw the new TBs. I bought did mine, wrote several letters & packed Laila, not getting worse. Bathy may take her to Worechy on Saturday. Rodney I'll quilt gold today. Aholashia had her bath at 1:30 AM. Jean called when it was all over but not P. Jennifer storm tonight & thunder, lightning ++.

TUESDAY, DEC. 6th

Up at 4 to 6, ready in time but didn't get to mass. 5.1 for Laila M. all the congregation went to her ward. Got away 4 to 8. Bob, he dropped her at the Bay, then took Bathy to Laila. I went at 8.30 then on the beach. Finally John. I got off in the dinghy at 10. Sea like glass, good trip. I read. Doro. at 1. Talvan at 3. Jasper met me. The ones came alone & left my luggage. Little Laila took me across the lagoon, nearly swamped the canoe. Nuisia at 5.15. For John looking tired, worried. Nance glad to be in bed. 5 liquid stools a day. I named Elgie bird. Jack mentioning his in "How Army" new baby. Both dinner. For John helped in West while I tried & success to do an L.P. on Leah, gave 1V. Emeraude - she was wanting. Talvan, Jasper & boys almost. Fred Nance, bed 11 PM.

DECEMBER, 1955

APPOINTMENTS

WED., DEC. 7th

G O N A

Professional

Private

up to 6, got in wash to bath. to mass in Mdn. Busy day. fixing Mame. general job. Another meningitis in, did 2 L's. Tried to get shipping, asked but couldn't. MK in here Friday. I John talked about David after by a letter from her, for her law advocating whom to Ans. splitting it. Saban did a good job. I had sent for Jasper. yet but we decided to let him go & find this holiday. Work till lunch, after found M. just done in - rehashing and for depression cheered up after a while, ate lunch. I had a sleep till after 3, quite a heavy one. did a sort of round Raining tonight. Odd job in Wash & work to mother. New almost 11. I John went on walkabout I gave him my letter to think about as there wasn't time for discussion.

THURS., DEC. 8th

A good day but I get a sleepy. Mame off Amurcypin & much better. Stools improving too. The 2 meningitis much better too. up at 6, did not go to mass. Busy, broken sort of morning but got an awful dose. Got hooped up at 2.10, slept till 3.10 & heavily. Odd job admitted ph. Mame did report in bed. I John returned at 6.15 from walkabout. He is a big bloke & I would get far too interested in him if I stayed here. to look for dinner, rather heavy job. got one letter written tonight, then supper & Bed 10.30

APPOINTMENTS

DECEMBER, 1955

Professional

Private

FRIDAY, DEC. 9th

Donald Nance. He has developed intense pain in the synovial
 box of her R hand. at first it was tender nothing else. Tonight
 it's swollen, hot, her T & G. the pain intensifies
 have given her morphine & Demerol. Poor kid. Got a message
 off to Wacker, Betty Ann. I went to Mass in English job
 in house. Hosp kept my many memories are much better.
 MK arrived 2:30. Bob phoned. Joan sent my mail - Bonnie
 who starts his holidays. Julia M. improved, so not sent to
 Worcester. A big mail, took some time to read. Tonight we all
 over late. drank cherry, then beer, late to Hosp. then
 fixing Nance took some time. It's such a distance to
 walk. Went 10-30.

SAT., DEC. 10th

Have washed a lot of time today. Nance much better
 & the arm much improved. He up & about seeing to the
 unpacking of her boxes. Hospital glad but didn't get
 ahead in anything. meals was a fearfulness of him.
 MK came late. only got away at 11 & we had lunch
 at 1:30. Someone broke open boxes in the Diggins store & stole
 things. George won't deliver them till Friday checks them
 in Hawaii. Had a late rest, looked up some cards.
 Got my head washed before dinner. Little else. No one
 has heard the Betty Ann yet. Ticked to Fr John about
 my letter. He will bring it up to the Bishop.

DECEMBER, 1955

APPOINTMENTS

SUNDAY, DEC. 11th

GONA.

Professional

Private

Am to bed, but don't know why. There is a lot of time wasted in extra walking here but that is not fatiguing. Up soon after 6. To nurse had her wash or before church. Hospital check but of course I am neglecting jobs of upkeep. Put "s" hand on splint as it was a good deal swollen. Think it must be a paratyphoid joint. Small Hugh came in smothered in blood: a cut under his eye, a bleeding nose. Mass. to fast shockingly late. At Mass I could pray though I did a bit. Sister Peter preached a vivid sermon. Had a rest after lunch 2-3 odd jobs: a couple of M.K. letters. Tonight heard that Betty Ann had come, unloaded, reloaded, don't know time of departure. Decided to stay for M.K. partly laziness, partly anxiety about Nanette's hand.

MEMORANDA

Spent most of evening thinking to write letters to. Name dressed for John's off-hand: me, but it may be imagination.

SPECIAL NOTES FOR THE WEEK

APPOINTMENTS

Professional	Private
<p>up at 6, paid M. & to Mass. Read till 11:30 last night wh I suppose is silly. Easy day. Got misperception done by 10:30. did cards & saw new ph. till lunch. Left a long time after lunch, read, so wasted a fair bit of time. Guffa & bath & M's wash. W.E. say M. much better but I put her on Chloramphenicol again. Her hand quite swollen this AM but less painful. + I arrived 5:45 by myself. Fairly cheerful. He brought in a nice mail. A note from Judy. Betty down again & bowel infection. Maria liked Zeila M. quite. Pat is apparently overwhelming them: she showed in Lat's plane. I think from + M's air he is not too pleased with her. Late dinner. P talked a lot of to James. Saw Hark. wrote to Elliott for Mary, Liff. etc. The Busoga men came on the 4.5. to see Govt. & T.B. land.</p>	

TUESDAY, DEC. 13th

<p>H. Lucy's day & we paid her Mass. a bit of teasing because I am Lucy. A muddy day as was to be expected. I must be backwashing pd + P & to John. Mass 6:30-7:30. Give + interviews till 11:30. Confirmation 5-7 PM. Tonight he has Confession as well as other business. I did a bit at both Mass & Confirmation. Ordinary fairly busy morning in Hospital & seeing to names whose arm is much better. M.K. came at 1 with a stack of patient. Saw them till 3:30. pushed a couple straight back to Ambasin on St. 9. Bath for names. saw, late after tea. Conf. seeing late dinner & a glass of beer that just pushed me up Hospital & odd job in the house. Was 7:30 & off to bed. Good to have Jasper back on duty.</p>	
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DECEMBER, 1955

APPOINTMENTS

WED., DEC. 14th

15th

GONA-ERORO

Professional

Private

up at 6, fixed name & glad I had a cuppa. Communion of the newly confirmed 7-9, & anointing of little David, giving of license to Gaspar's was renewed. New pt came in in a run condition & polite. Got a L.P. done, lot of life job. M.K. brought Bob & Gervan. Bob had an interview E + P. I at the last minute he talked to me about Mamma Lane. She might come here!!! Got away 11:30, collected mail, read it & wrote letters. On Ray at 4. F. Van is a w impatient & unfrustrated bloke. I suppose he finds it hard to shoulder responsibility. I hear today that he leaves Station King's Paulus King, even overnight. So P.K. has access to the Station store & money! Pat R. he looking well. Betty looked pale & ill. Rushed round unpacking, new pt, order mail, packing since Rodney got off his head again. Ray went for him at 11 AM, & I got the sleep then. Gian awfully tired. 2 deaths

THURS., DEC. 15th

up before 6, Gian doing mail. Jeph got away at 6:35. Radio on new wave-length & today hard to pick up. Did inspection all morning then away over nothing till lunch. Radio takes time. Slept till 2:30, saw pt till 5. Bath unpacked some parcels. Tonight wrote letters like mad, got me off to bed way & passed the buck to Betty about Harold Thompson's particulars. Bed 10:45.

APPOINTMENTS

Professional

Private

FRIDAY, DEC. 16th

Hot tonight. Haven't achieved much. Did Leah make me
 this perfume, she struggled the same as the old. Gran doc
 had it so. Late became 11:30 Ag. men came, had a cuppa for 3/4
 he came to dinner too. Mr. Fielding a nice man, Mr.
 Kealey a youngster called Leah on vacation for holiday
 off. Got in a lecture 1.4 we both slept really heavily.
 Saw pt till 3:30, after unpacked Xmas boxes. T.E. sang for
 the first time since my return. Masha doing much though
 she was not well. 2 new pt came in at dinner. Mrs.
 one a woman a nasty knife wound 6 days old. Excused &
 subject it starting at 9. I did job while she sat the tray.
 I think I hurt her feelings by a silly remark at dinner.
 - I am thoughtless & she was silliness perscribed
 but got on it at supper.

SAT., DEC. 17th

Norm had a day off. Betty looking better & short
 improved. I housekeeper today, & lucky to have mine
 food at hand - mya Kambei & roast lamb & fruit. The
 native food supply is almost nil. My precious radio
 watch is misbehaving. up 6:30 worked at desk till mid.
 & got on to inventory after a cuppa. The new w/L is
 a nuisance is dreadful can hardly hear a thing. after
 lunch Brynne brought a lovely fruit. I went on till after tea
 then we shared some dress-lengths from a Rindberg box.
 & sang. After dinner saw pot & island pictures, really
 lovely. New pt in. at last got on to cards till 10.
 Gran seems argumentative but she would say that I
 am, I suppose. Maxwell came to see me about the land
 today, he didn't think to send him to me! Rumour
 is that Norrington comes on Monday.

John has hit B.A.

"Vi-Lactogen" does not need the addition of Emulsion or Lactose.

DECEMBER, 1955

APPOINTMENTS

SUNDAY, DEC. 18th

E R o R o .

Professional

Private

up 6.30 from housekeeping but Bob got to feel a
much happier spirit in the house. Bob on old job to
keep everybody. Perhaps + P's words. Mass - jumping
I could pray along my own lines. After to feel saw
Maxwell. Augustus. all in my key. They expect Morn
pomeran but the yet is still here. Talked about SMH
land. they believe Mission land is bought up to the coo-
and he beyond all. - with axes & glasses. Maria of Kopun
is looking hunched - jaundiced + a dysentery stool +
severe abdominal pain + sweating face. ? Paratyphoid but no
feverness whatever. Treating her a dysentery + better
fruit. Did missionary: Paul. G. I slept till 3. Both
felt refreshed but going to have spent so much time
after a cup of bath + unpacked + many things from
the cases. E sang. wrote to Nana. G. I had stern-

MEMORANDA

Nesta has been cleaning up all day. Tonight did
cards + started October's report. Bed 10 P.M.

SPECIAL NOTES FOR THE WEEK

DECEMBER, 1955

APPOINTMENTS

Professional

Private

MONDAY, DEC. 19th

up 6-30. Hot shetay day. Got inspection done, pretty well
 but Jean finding it a burden & making it a burden for
 I don't know what is at the bottom of it, but she is in
 many ways resenting me since my return - mostly only
 and hostility to herself papers that all didn't before. Have
 done no inventory. Had a lecture 11:30. P.M. looked at 11.5
 spent an age on the radio. Batteries down, things difficult
 all round. Did radio charges up to date. After I saw wrote
 to John to congratulate him on his B.A. & brought to the Tide.
 Did a bit of report - supper: Jean. Betty transcribed
 today.

TUESDAY, DEC. 20th

A nice birthday, not like the utter misery of last year,
 although things have been somewhat difficult. Up for dinner
 then back out. we had presents: too nice really. I was
 quite late, then on to the job. A flare up out of nothing
 involving my seeing a. badly pen, which in hospital
 Jean has talked over since. Last she wanted a talk but
 decided we were too tired tonight. Had a lecture. 3 day men
 to lunch who was in mind. In the middle Laurence appeared
 to say 'George in'. Backed up to late lunch then talked TB
 4 p.m. is all for Enli. But he couldn't get it with his hand.
 That it was a mile from the ship. Anyway Enli decided
 a radio sent to D.C. Hope + P will do the explaining to the
 people. He away. Jean, Betty went. I took the 3 men for the
 citrus press & they dug me up. Radio, supper, admitted Robin was
 a long bath, sherry & a slip of dream. Miss mail. A bit of
 awake in that but in sleep. In bed by 9.30. Next day
 for lunch party.

DECEMBER, 1955

APPOINTMENTS

WED., DEC. 21st

EROKO.

Professional

Private

M. Thomas. Bapham of 30 adults before. Was not hot from 7-9 in the pm. Pouring through the clearing. It was, severe really, but I stayed through. (I was late to fast pm. I keeping) the usual plan remain for Wed. Radio poor. got out off as soon as called. P.M. not called at all. Got a bit of leather then a message that the 3 ag men might come to lunch. but they didn't. I had a rest but Jean getting ready for M.V. party. I am doing all for the after while she & Betty ran the party. Only did 1/2 hr in dish. 2 Gene boys came through for milk. Name still off colour may come after Xmas to me. Tonight wrote to her. The John from came. we thrashed out our troubles for 2 hrs. ended up laughing at my folly. Jean is so weary. hope conference help that doubt it. 23rd

THURS. DEC. 22nd

Stayed in bed till 6:30. Quaspe, ben early. went really well. Long radio session. Lecture. Rest. I got some Duff done. till 15. Last night we went to the Nakhity? Play job. was very good. is little in the way of props. Jan's gift has there. Rain poured before the end. Work 2 letters & bed late.

APPOINTMENTS

DECEMBER, 1955

FRIDAY, DEC. 23rd

Professional

Private

Up 6.30. Looked up computations. Deep work & last inspection - 2 pictures. Long radio session & pretty fair reception, we 3 did bag till lunch. Short rest then at 2 to school break up & a few cards. Did bag in a muddle till 5.30. G. H. & I had cheery with cheer up the "frustrated" Jan. Father not at lunch or dinner: of short. Confessions. Tonight did 4 women. Frank told in an amusing story that his pa-in-law told him of a cure for dysentery, dose 2 tablespoons & he gave it to Lazarus (already on S. granidin) when he was in. I talked about experimental work on these things & loyalty to hospital. Have been reading a novel till 10.30. Elkin came, looking much older.

SAT., DEC. 24th

A maddly day of apparent non-achievement & plenty to do. I housekeeper, & Frank bent down as before didn't turn up. Thought after I first got to bed, a call from Gona from Chloromycin, & I decided not to go to meet F. Kendall at hospital. Betty bag went & food inside him & felt faint in the blazing heat. A big mail. I peeped & busy in that. Last inspection finished inventory at odd moments. At after tea made pudding & cooked meat. Jan & Neeta doing extra cooking floor them. Betty decorating house. Fetal E sang just for Jan & Neeta - beautiful really but in English wh. wouldn't help 3/4 of the congregation. Sarah told, Sarah bag lamp. Habermacht blessed. Shrike, doing bag for white folk & seeing odd ph. Heart on Carols. What, 10 PM

DECEMBER, 1955

APPOINTMENTS

SUNDAY, DEC. 25th
Christmas Day

ERORO.

Professional

Private

Have spent the entire day in church, preparing and making meals. Heard the bells for midnight Mass. Went to bed at 2. The Blessed Sacrament was reserved for the first time at the M.V. service. Bob's lamp looks lovely. The glow goes in sunlight. Was 7-9 & endless hymns & had singing 30 candles blazing. really smells incense and a lovely atmosphere for me. I found myself enjoying the entire thing & being distracted from inner things. But at 8 song it was real inward prayer. The car is very good. The star - a globe running off a battery - is effective. Very good meals. 6 kinds of liquor drunk. Brandy, sauce, gin in the cold drink, lanterns, beer after tea, sherry tonight. Forget the other. The Hospital X was free for candles. Cashed a sent of poem like a hymn or a speech. Sam bags punched. The

MEMORANDA

olly servants had too many "bottles". I got lot of odds & ends including this pen & 5/1 bottle. Monday dinner. steak, had a sleep, dancing started early & scores of beastly crackers & a little dancing but the wambas were good. One Bay folk arrived at 3:30, & pleasant. Next, I got after tea, talking & eating went on till 5. Works gave us a bottle of sherry each. Lorna gave me a lovely nylon nightie. Elsie at 6 bath. Feeling filthy after a hot sticky day. Tea at 7 ish. when Wester helped me get Kava. Been holding away the rubbish in the spare room. Bed 10:15

SPECIAL NOTES FOR THE WEEK

DECEMBER, 1955

APPOINTMENTS

Professional

Private

MONDAY, DEC. 26th

Boxing Day

Tried to get Queen's speech but no times announced, only the résumé. To Mass of St. Mary. Got a radio at 8:20 for Bob just as I was going up a lot of O.P. but in a muddled morning didn't start inspection till 9:20. After morning tea saw special pt & alas! found a gang in Mary's garden, which she had concealed. I feel so angry at myself for being persuaded by Jean months ago to let her try & heal it. I should have amputated then. I talked wearily but Jean won't go. P.M. had a bit of a rest. Marie. Elle arrived at Lambada by canoe, and here I wish Marie in a pitiable state of depression & weepiness. Have put her on amphetamines & everyone is cheerful, she responds. Left tape after fixing her. Thought got on to order at lung last talked to Dorian & Gerald about bad work. Gerald came tonight to go to the village. Laniel of Ambasi offered too, but I think a week later.

TUESDAY, DEC. 27th

Did odd jobs before breakfast, listened to radio & had tel 8:20, talked to Marie Big O.P. & late inspection. Went down on Marama river, where Marama & Mary took last night. Got letters written for departing canoes. I worked on the order. W. Heahy. Fran & Betty dressmaking. I in Hospital. Went typed & X-typed Gramma. Argued it out with Mary & Lawrence. She refused to go to Woreahy. So they departed to Pongani without even saying good-bye. Late dinner, got some mail ready to bed late after 11. All the others up even later, mostly talking to Elaine. I. Fran went to Pongani.

DECEMBER, 1955

APPOINTMENTS

WED., DEC. 28th
Proclamation Day, S.A.

ERORO.

Professional

Private

We Mass, as both friends are away. Had breakfast before 7 so that Bob could get away. Elsie took her to Lorne where she picked up the canoe. Grantha had used skin & G.A. at 12.15 for A.R.M. However, a fool was coming down beside the beach. I feared a "footling pres" & did not go ahead with it. She did not come into La bant Lorne for the day, she & Nesta sewing for Charles. Bill Gray came in the plane unexpectedly, the weapons brought him to see Nesta then it took him off to the Bay. Nesta quite sparkling again. Muddy after a little dose. Tonight typed some of the order names more cheerful, stable & unshakably but his easily. Maxwell came, worried about our non-acceptance of the plan, I say Legans did not own the land they claimed. After he saw it all on Sat.

THURS., DEC. 29th

11.15 P.M.

Very sultry, sweaty day. I have heat-rash across my back. Not a day. I my house, keeping up to 6.30. Radio awful, hardly heard a thing. Lots of noise. Gave help us up till after 9. After morning tea did the order help lunch. Name still crying a bit but finger movement are better. Hoop-up till 12.0. Then Grantha 11.15. By 2.15 a bag of water presented in 2 feet inside. A busy 2 hours in which she was magnificent. Twins 1st one occupied fast, cord only 14" & round it neck. It took ages to deliver & stillborn though the heart beat for some time. Then another twin, waterated. A fear & an spirit any to subvert. The pulse 152 → 128, otherwise good. Buffa at 4, odd job till dinner. I caught a mackerel & bluffed it. his for Newton. Wanting money banked for the thousands of pounds of food he has given. I want the mission to help him in in business. Long way back till 10.15. On way of thinking are so different, but he did lead us up a tree.

"Vi-Lactogen" babies are not troubled with constipation.

APPOINTMENTS

DECEMBER, 1955

Professional

Private

FRIDAY, DEC. 30th

Mr. Copeland was back & had Mass but I didn't know either
 fact nor heard the Angelus & this silly new bell. up late,
 feeling a bit tired. Had a rest of day off from Hospital
 except for inspection & suddenly got the Order down by 10
 tonight. George K will take it to the plane in the AM at 11:30
 a Katarina Day came in & immediately L.P. & had a rest at
 2:30. At 4:30 he had a consultation. I feared he might die
 but settled well. In Van returned at after tea time.
 Haven't heard the radio all day except a faint whisper
 at 8 AM. It wastes a lot of time. Man's finger
 movement improving & no tears today. Ambrose
 the doubtful character from Embargo at Hospital tonight
 & told he must not come & permission at night!

1.1.56.

SAT., DEC. 31st

Off duty except for inspection, did cards & reports
 Nisha, housekeeping, muddled over duties & we cook, lay hand
 up till after 11:30. I tried & didn't want to go to the
 party, but couldn't hurt Long's feeling. Frank stayed at
 home to look after Nanna. Panned & pinched drunk him
 but cleaned again. Left here at 8. Party as usual, but
 beautiful job. Bill Gray there & some other. Preece & Lamb
 drinking sinuously & quite amusingly. But the station
 the radio was so hard to hear. We got away before MN
 dog died, saw the new year in as we got back
 to the station. No home letter. Bruce & himself

MEMORANDA

NOTES FOR 1956

1.1.56.

Mrs Kelly accompanied me into the New Year. I don't know when I have been so utterly weary with her off my oak too. I'm a family long I couldn't raise myself out of my passivity. I didn't try. Worked well in the office. Chumamfa brought a pig & was meat, haven't opened the family's yet. The days thugled in there. Bed at 9. 6/6 in at 6 PM in Lydia.

2.1.56.

Bob got to fast from. Radio still inaudible. Heard only a voice at 8. I was awfully late to Hosp. - 9.15 & I was found it hard to keep my irritability under control. I nsp. caught upon odd job, I did report. By 8.30 had a few burning pains - have been off my oak for a couple of days & after dinner colicky pains came & went so quickly I couldn't settle upon opening my home parcels I did in the end. They are lovely. 2 pairs of nylon pants, & good. Fast my dinner, what little I ate, & gradually felt better. To bed at 8 & wrote to Mother in bed. Wonder if it is gall bladder. The pain is all epigastric. Betty off column Mrs Kelly.

4.1.56.

3rd. Quite O.K. yesterday, a bit tired. Usual day couldn't get Samarian, but clock was slow. I missed school. Got pay, doing Pop order, inspection & cards etc. After dinner wrote to D.C. & got. store, sorted out Hosp & radio cash at long last, & looked through Mercury for an hour. Bed 10.30. Name tired & nauseated. 4th up late. Got Samarian clearly. 3 radios in & 1 out. M.K. due Friday. To'd Samarian & will be off the car for Tues next. I missed Dec cards. John Newman brought Evelyn from. He passed to take to

MEMORANDA

NOTES FOR 1956

dog away from that long argument. I threatened to throw him out. Finally gave in & shook hands. Lester went & talking gingerly. Gave him $\frac{1}{2}$ to make sure of him & Laban watching him. Letter from Dixon. Bless him.

5-1-56. Not muggy. My heat-rash continues. Busy day but accomplished a bit. Inspection, repair, aspirated Yawata's pleura & got chest x's. No wonder her pulse is always about 130. 2 radios today. DCA was coming for the week end! PM was sending a radio when transmitter broke down, blew it. However, it is an opportune time to get it mended. Typed repair list after 10. Lester O.K. but looks worried. Mance fearful meet of the day, alas! though her arm has improved immensely. Father painting the front. Don't think I like all this paint. Certainly sorry he painted the porch crosses & the credenza table.

6-1-56. Really tired. Called at 5:15 to Noella leaving Lab P.V. Not pregnant, I think. My house-keeping day. Was at 7, late. Long Lab inspection, aspirated Yawata again & a bit of repair before after lunch. M.K. arrived 3:30. Much Matthews, her land, came. She has about overwhelmed us all in her talk, & Grace Betty & the giggles. A lot of Xmas cases, no stores, food almost out. Ordering for Xmas. Got letter off for the boat, saw David & who was terribly embarrassed. Luffa final going bed at $\frac{1}{2}$ to 11. Mance is a bit better, approaching her depression better.

7-1-56. Up 6:30, overslept. Breakfast late, but Mance Matthews! Got away 7:15 & got to ship as plane was coming in to land. Mrs. Mill came, with mugs, alas. Augustine a ? T.B. spirit. Muddled, weary day. I felt only $\frac{1}{2}$ awake. From not much better. Preparation before lunch. Got in a sleep. did a few repair. M.K. arrived at 5. Mance to see again the Hugh again. 2 9mm ph. one, 1 Ca uterus. did 2 P.V.s tonight. wrote letters. Bed 11 PM.

Sunday 8th.

MEMORANDA

NOTES FOR 1956

up for Mass, + D preached & well & quite briefly.
Weals quite a pandemonium but everyone got to
Hospital job most of morning. As I did lunch. Betty
not well, sleeping most of the day. Margaret
Lambada offered land for T.B.H. & P.M. we saw Lambada
land. & on to Embi land. Gian reported that about to + D.
& must tackle her about it. We all went down to Uakhu
& had lunch. + D referring it to + P but calling C. on him
long. Handled it & well & angry. All job brought me
got away 9.15 & 9.30. Therapy in Ned's park, Bed 11

MEMORANDA

NOTES FOR 1956

MEMORANDA

NOTES FOR 1956

MEMORANDA

NOTES FOR 1956

TELEPHONE NUMBERS OF CONSULTANTS, HOSPITALS, NURSING HOMES, NURSES, AMBULANCES, ETC.

Nestlé's—Sydney 17 Foveaux Street. B0935	Nestlé's—Perth Nestlé House, 188-190 St. George's Terrace. B 6161
„ —Melbourne 591-599 Little Collins Street. MB 4071	„ —Newcastle Darby & King Streets. B 1417
„ —Adelaide 25-7 Franklin Street. LA 5751	„ —Hobart King's Hall, 133 Bathurst Street. B 2791
„ —Brisbane Nestlé House, 188 Barry Parade. L 2911	
Jan 31 ³¹ Jan 31 began ^{rehab.}	TB food & drug Aug 1. Rationing began
Feb 15 Japanese visiting Borneo	Ang 6 Gas promised 6 phones
Feb 21 Donald Gill left. Bingham coming as DC	19 Jan Stuart P.C. - 22 Cecilia asked
Mar 2 Stuart turns home 2 nd day	24 Motoko asked
5 hrs later IN back on staff	
14 R. Calver arrived at Trov	Oct 3 all med personnel to register
A lot of TBs in	Oct 1 or 2. Fr. James Benson died
28 TBH plans recd from Australia	23 To Doguwa MK
Apr 1. Georgy Amby, Borneo, returned for sick & dying	28 CHN moving out of Doguwa 120 HK
4. Wardman & David returned	29 Oliver in new house at SAC
20 IN asked again	Nov 3. Princess Margaret arrives
i. Mary W. pregnant	5. Lawrence Modukala back from Australia
10. R. Smith offering \$30,000 stb	Madara's ashes arrived
→ \$180,000 for TBH	17. 9 to Samarai & Cassip
May 29 G.H. began	Dec 3 To Trov from 4 th Ward to G.H. P.D.
May 31 3 phones installed by Bob H.	25 Blessed Sacrament received Bob's lamp
Jun 3 Radio to Samarai functioning	27 Gerald left. Bad work
in Radio & medical	26 Name at Trov - depression
27. Map to Trov began	
29. Embargo B 30 th James began again	
by 6. Design of flag began	
by Cecilia. James P.	
by 12 G.H. P.D. began	
17 To Moraby TBH plan	
22 M.G. from Co-Cathedral	
Promoted to Canon	
30 9 sick Aug 1 Motoko working	
Oct 30. Samarai began	

asked
asked

radiant

1

John A. ...

die

162, HK

SAC

2

Free State

Ad.

the lamp
work

